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# 12 Kitchen Sins

**EVEN SMART  
WOMEN MAKE**

**WARNING**  
*When your GP  
gets it wrong*

**Score A  
Hot Yoga  
Butt Now**

Pg 56

HEALTH BENEFITS  
OF MORNING SEX

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even creamy!**

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# September 2015

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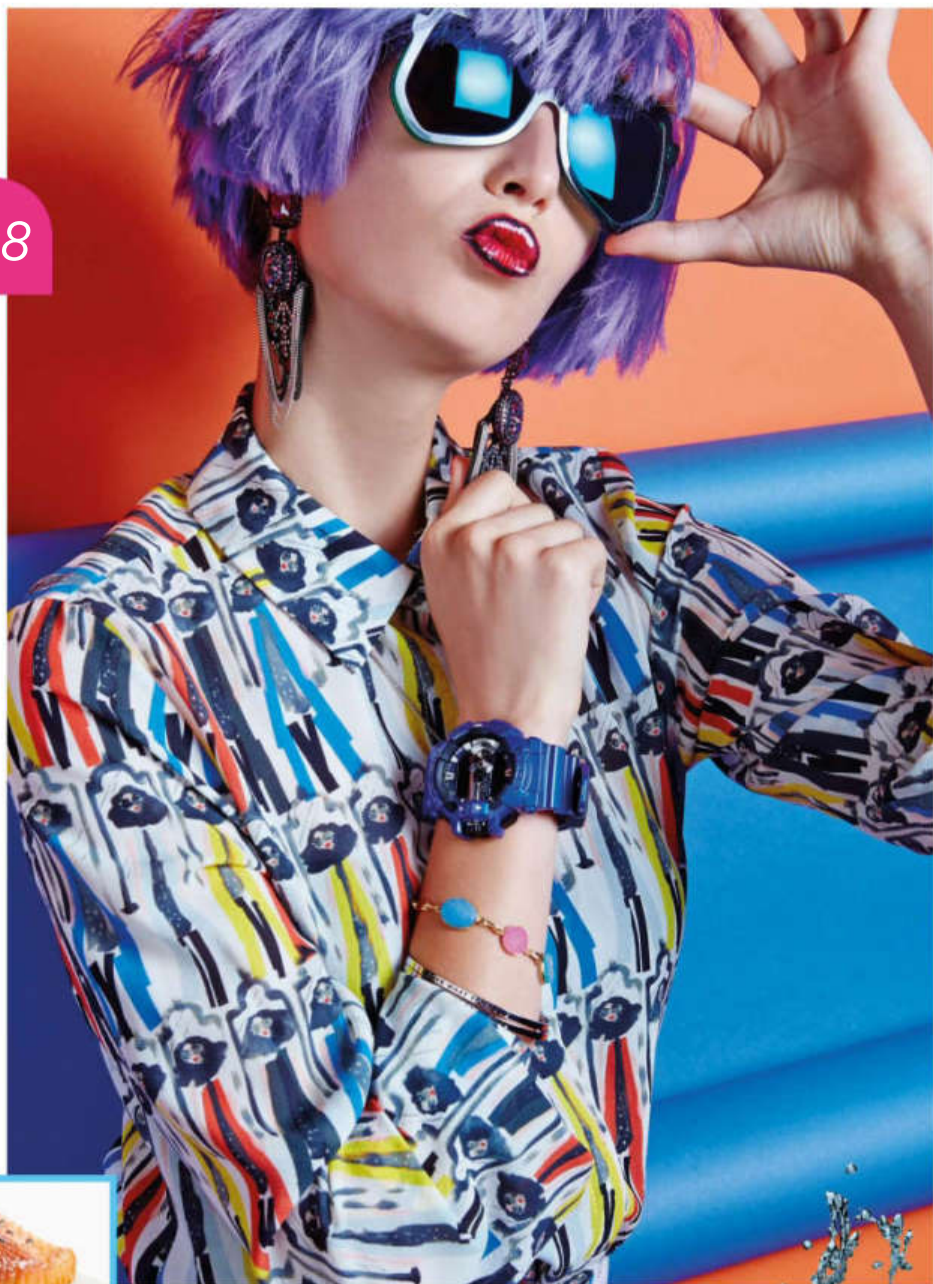
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No. 1 selling  
scar &  
stretch mark  
product.

Nielsen, 2014



"I've never written to a company before, either in praise or complaint of a product, but feel compelled to do so in this case. A few months back my father cut his forehead quite badly. It healed well, but left a really noticeable scar. A friend recommended Bio-Oil and the results were outstanding. Before long, the scar improved and now you can barely see it! I was so impressed that I also tried it on my uneven skin tone, and after only two months, the marks are not only significantly lighter, but my skin has never looked or felt better. Thanks for a product that does what it promises!" Camelia Dahri





## ***Get Fit***

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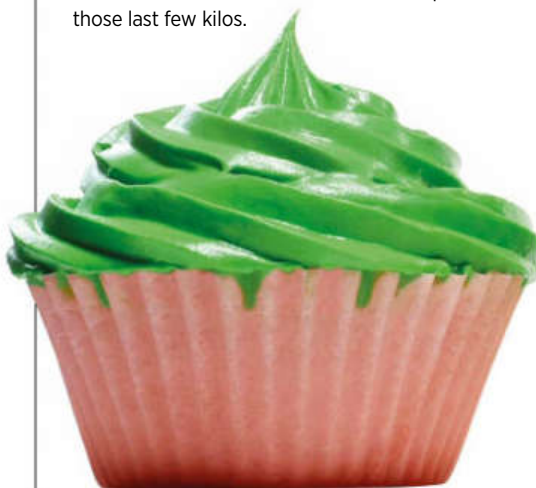


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GEL-QUANTUM





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## ***COVER LOOK***

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## ***Oops!***

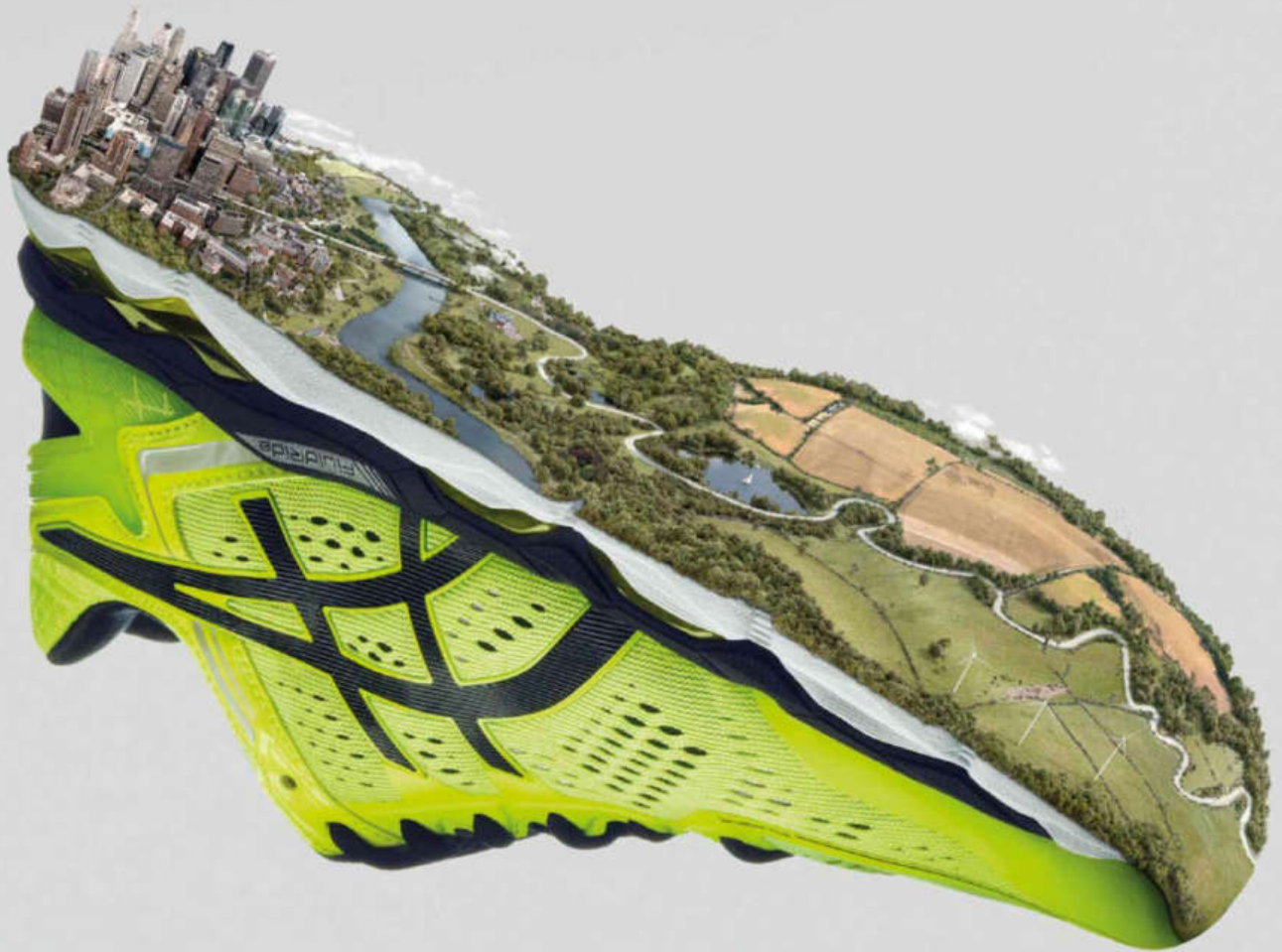
The correct sentence in *Max Out Your Cardio Workout* from the July 2015 issue (pg 62) should be: If you are excessively dehydrated, drink 1.5 litres of fluid for each kilo of body weight loss to hydrate rapidly.



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## ***RUN LONG IN ASICS GEL-KAYANO 22***

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SHAPE SINGAPORE is published by SPH Magazines Pte Ltd, 82 Genting Lane, Media Centre Level 7, Singapore 349567

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Distributed by Circulation Department, Singapore Press Holdings. Printed by KHL Printing Co Pte Ltd, registration no. 197801823M

SPH Magazines registration no. 196900476M • MCI (P) 100/01/2015

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# GIRL POWER

**D**o you like this month's cover? We sure do! It's the first time we're featuring two women.

September's message: Strong is the new sexy. Body confidence means feeling good about yourself and what you can do. And who better to hear that from than world tennis champ Serena Williams? Read our exclusive interview with the top seed on pg 22.

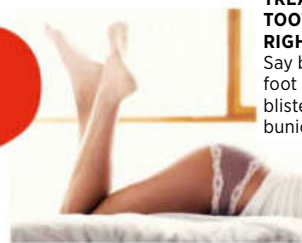
Also, while it's good to have a fitness inspiration, don't stop at browsing #fitspo posts on social media. Instead of admiring the yoga teacher's tight tush, start working harder on yours on pg 56.

A healthy lifestyle starts in the kitchen too. So if you're trying to adopt a better diet, start whipping up your own meals. To get you going, avoid the common cooking pitfalls listed on pg 80, and try the light, yummy recipes on pg 86, as well as the fresh salad combos – definitely a good start for noob chefs – on pg 92.

Finally, we cast the spotlight on your crowning glory. Get style tips for all tress types, from straight to curly, on pg 100, and try the products on pg 106 for great-looking hair every day.

It feels good to love yourself more, doesn't it?

**LI YULING**  
EDITOR  
(liyuling@sph.com.sg)

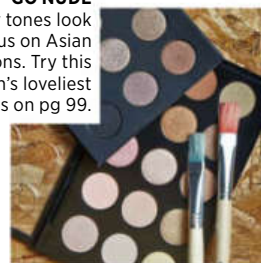


**TREAT YOUR TOOTSIES RIGHT**  
Say bye to foot woes like blisters and bunions. Pg 44.



**ACCESSORISE**  
Our pop art-inspired fashion spread (pg 108) shows you how in a fun way.

**GO NUDE**  
Earthy tones look fabulous on Asian complexions. Try this season's loveliest palettes on pg 99.



**BUY A PAIR OF KITCHEN SCISSORS**  
Sometimes, they work much better than a knife. Pg 78.



**Body Fit®****Extra Slim 0.1***\*With 0.1 Super Absorbent Flexi Sheet***Super Absorb, Stays in Shape****Shape  
Maintain**  
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The limited edition packaging of Fresh Rose Face Mask (\$95) was done by graphic illustrator Jo Ratcliffe to celebrate the product's 15th anniversary.



Head to Oriole Coffee + Bar (#02-20/21 Capitol Piazza) for cold brewed coffee, salads and sandwiches.



Korean cosmetics brand 3 Concept Eyes is now available in Sephora. Head to [www.bit.ly/korean-beauty-3ce-moonshot](http://www.bit.ly/korean-beauty-3ce-moonshot) for our top picks.



The Shop by HIC (#02-470 Suntec City Mall) offers a huge range of cold-pressed juices and snacks like kale chips.



These cheery tights from local brand Burd make us want to work out even on rainy days. Check @burdcreator out on Instagram.



Under Armour's Speedform Fortis (\$199) offer a cushy stride in a sleek and lightweight package.



The new Clarins Men Revitalizing Gel and Anti-Fatigue Eye Serum targets the first signs of ageing.



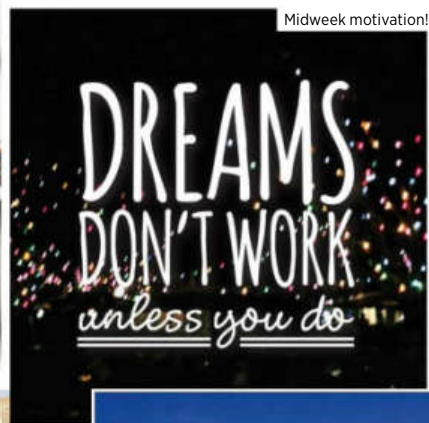
F&N Nutritea drinks taste home-made.



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Take a whiff of local perfume company Myscentdesign's Little Red Love (\$88, Sephora Ion Orchard), a floral-fruity fragrance with orchid and mandarin notes. Its inspiration: Singapore!



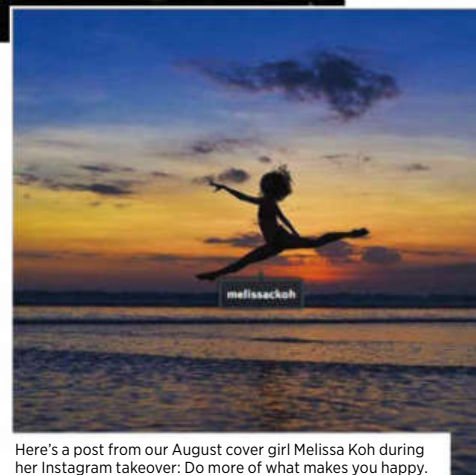
Midweek motivation!



Behind the scenes at our fashion shoot for the spread on pg 53.



Editor Yuling is all smiles after an invigorating yoga session with tennis player Simona Halep, who's number three in the world.



Here's a post from our August cover girl Melissa Koh during her Instagram takeover: Do more of what makes you happy.



The mooncakes from Xin Cuisine Chinese Restaurant at Holiday Inn Singapore Atrium look too good to eat!



Yay! Famed British home and living brand John Lewis is now available at Robinsons.



Cute finds from the Laneige and quirky K-fashion label Playnomore collab.



Congratulations to the Shape Run 2015 champs! Read more at [www.bit.ly/shaperun2015-running-tips](http://www.bit.ly/shaperun2015-running-tips).





**In the  
September  
issue...**



**Pg 51**  
Zoom in  
on more  
product  
details.



**Pg 56** Retail  
therapy to  
keep you  
motivated.



**Pg 99** Makeup  
looks that suit  
your style.

**PLUS!**



**Pg 96**  
**Bonus  
recipes!**  
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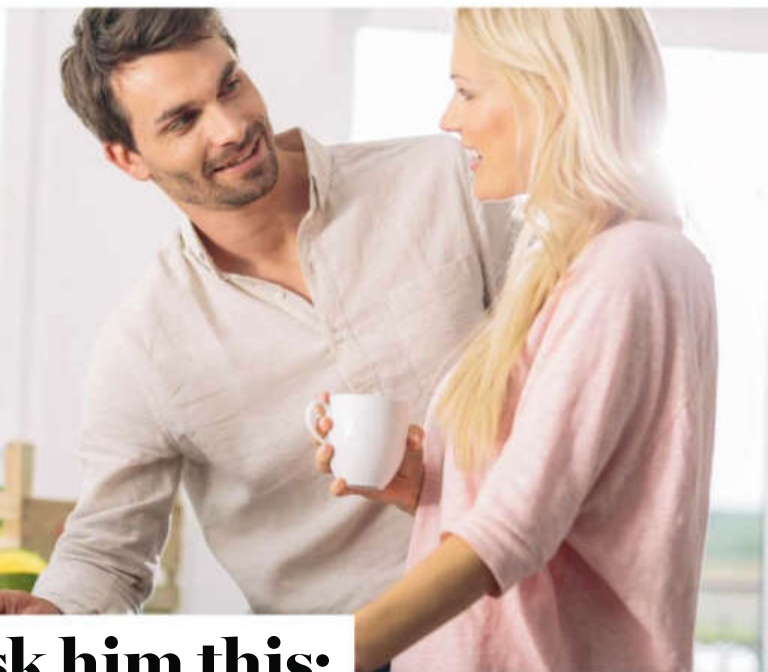
## Seaside serenity

Something amazing happens when we're near water: There's a powerful pull to unclench and de-stress that takes hold quickly. People report feeling refreshed and revitalised within just three hours of being by the ocean, a study in the *Journal of Environmental Psychology* found.

This natural high is called a "blue mind". As you're beaching it, be proactive about achieving your own blue mind – or state of calm, peace, unity, and a sense of general happiness and satisfaction with life in the moment. **Unplug from your smartphone and you may start to melt tension in as little as 30 minutes**, additional data suggests. Also, watch and listen to the waves, says study author Sabine Pahl, an associate professor of psychology at Plymouth University in the UK. "People are captivated by moving water, which helps you wind down, restoring mental energy."



PHOTO CORBIS



## Ask him this: “Remember when we...?”

This little cue can be like strength training for your marriage. A study in the *Journal of Social and Personal Relationships* found that if partners reminisce about happy experiences they've shared, they're more likely to have a stronger union. “Making a point to relive good memories brings you closer to your significant other in the moment and prompts you to pay more attention to the times you feel loved and cared for going forward,” researcher Jessica Borelli says. Ask your guy this question once a week, giving the two of you a shot of high-intensity bonding every seven days.



## KEEP CALM AND DO GOOD

There's help for the socially awkward. Performing simple acts of kindness, like doing the dishes or donating to charity, can help sufferers of social anxiety mingle more easily, found a study published in the journal *Motivation and Emotion*.

Researchers split 115 participants into three groups. They got one to keep doing kind deeds, another to observe others performing such deeds, and the last to be completely uninvolved over a period of four weeks. At the end of the study, they concluded that doing good deeds helped counter feelings of rejection and nervousness. “It helps people to reduce their levels of social anxiety and, in turn, makes them less likely to want to avoid social situations,” adds study author Jennifer Trew.



## “I’m excited!”

These fighting words will get you through a gruelling day. Repeat them three times when facing a scary, long to-do list, and you'll feel as if you have more time to accomplish the tasks, findings in the *Journal of Marketing Research* suggest.

Juggling multiple goals can stress you out and make you feel rushed, even if you actually have more than enough hours to get everything done, explains lead researcher Jordan Etkin.

Reframing your anxiety as enthusiasm can lift that time-crunched panic and therefore motivate you to dive in.

# 33%

The amount of couples who've been together for 10 years and still say “I love you” everyday.

SOURCE: YOUNG & RUBICAM, AN INTERNATIONAL MARKET RESEARCH COMPANY



# “ EXERCISE, DIETING OR SLIMMING PILLS DOESN'T SEEM TO WORK? DO YOU HAVE THE FOLLOWING PROBLEMS OR CONCERNS? ”

- Unable to lose weight
- A bulgy tummy that is hard to get rid of or flatten
- Feeling congested/bloated after meals
- High cholesterol or sugar level
- High visceral or body fat
- Feeling lethargy

## 3 Weeks “H-system” Repair Program

For both men and women, a healthy “H”-system would efficiently regulate the intake and removal of fats from your body. However, when it is weakened or in a malfunction state, it is unable to function effectively and thus, resulting in weight gain. Your body is therefore aging at a faster rate as your metabolism decreases extensively. This deterioration is usually caused by an unhealthy lifestyle, accumulation of toxins, eating habits, hormonal change and lack of sufficient rest.

When you gain weight, your body grow new fat cells and they remain in you even when you have lost some flabs later. Therefore, your body is prone to “rebound” with a “yo-yo” cycle. Toxins accumulated from chemic al-based supplements, medications and processed food are retained in the body as our body is unable to digest them naturally.

This would usually resulted in a congested or damaged “H”-system and lead to accumulation of visceral fats. If your body has an unhealthy level of visceral fat you may tend to gain weight easily as your body fat is unable to pass through your organs. This is also the reason as to why you can't seem to lose weight.

This 3-week program is designed to repair your “H”- system which is responsible in breaking down your body fats, metabolic-rate and aging process of the body. It would help to re-balance your sugar and cholesterol levels. Also, it would convert your stored fats into energy resulting in an average weight loss of up to 6kg. It is suitable for people who have tried all slimming approaches but to no avail with lasting results. With the use of natural liquid herbal blends, H-system Repair Program is user friendly to all individuals including one who is on medications and even lactating mummies.

Detoxify your body and lose your body fats with no rebound. Reset your metabolic-rate and regain overall health and wellness.

### SUITABLE FOR ONE WHO WANTS TO ACHIEVE:

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- Jumpstart your metabolic rate
- Elimination of fat cells
- Reduce your body and visceral fats
- Improve sluggish digestive system
- Rebalance your sugar level
- Regulates your cholesterol and hypertension level
- Promote better sleep
- Improve vitality
- Better absorption of nutrients
- Balance your hormones level
- Detoxify your body

BEFORE AFTER



I was stuck with my weight and nothing works for me then. I was easily tired and feeling lethargic all the time. It seems like all my sleeps are not helping. After my 10 weeks of BodyReveso follow-through program, I lost 29kgs. It changed my life completely! I never thought I could put on my old clothes which I have 7 years ago and feel so good now. When I went back to the slimming centres and finish up my sessions which I have previously bought, the results were so much better and they helped me to lose another 5kgs! I am living a new chapter of life which I never thought possible.

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# HAVE FUN ON THE RUN

*Let these options inspire you  
right off your sofa.*

## **Ditch the tour bus**

Walking, jogging or biking around a city can make you feel as though you're seeing things as a local, not a tourist. That's a more fun, relaxing way to travel than always being the outsider, says Laura Payne, associate professor of recreation, sport and tourism at the University of Illinois in the US.

Apps and Instagram hashtags make it easy to explore a new area intrepidly. In fact, [www.mapmyrun.com](http://www.mapmyrun.com) or [www.walkjogrun.net](http://www.walkjogrun.net) can help you find a route, and hashtags of popular hikes and parks not only let you see the awesomeness that awaits (#grousegrind or #brightangeltrail, for example), but also lets you tell it from the mountain – literally.

On Foot Holidays ([www.onfootholidays.co.uk](http://www.onfootholidays.co.uk)) offers self-guided walking tours in Europe where they move your luggage while you walk from town to town. If you enjoy cruises, Crystal Cruises has a new programme ([www.crystalcruises.com](http://www.crystalcruises.com)) that offers running tours in European ports.

"You get the benefits of a workout and the sights and sounds of a new place, making your trip more thrilling," Gloria Petruzzelli, a US-based sports psychologist and triathlete.



## **Hit the hotel gym**

No longer relegated to the basement, hotel gyms are now occupying prime real estate, with walls of windows to let in natural light and beautiful vistas. The ultimate example is the Park Hyatt Tokyo's ([www.tokyo.park.hyatt.com/en/hotel/home.html](http://www.tokyo.park.hyatt.com/en/hotel/home.html)) gym with views all the way to Mount Fuji.

"Looking at a view can often be as restorative as being out in nature," says Jason Duvall, a lecturer and researcher at the University of Michigan in the US. Also, many hotels now have fitness concierges to get you into local classes, studios or guided runs or rides.

## **Go on a race-cation**

A destination bike or road race can scratch two itches. You do the race and then spend the rest of your getaway relaxing, says Gloria, whose honeymoon included an Ironman triathlon in Napa in the US. "Those days are like a reward – you've earned the right to have a few more beers." You may be having drinks with new friends, considering the camaraderie among athletes and the party atmosphere at big race events.

Sometimes, the run of your lifetime could coincide with the trip of your lifetime – like South Africa's Big Five marathon, so called because the course has you running through the Entabeni Game Reserve within view of the big five safari animals (lion, elephant, Cape buffalo, leopard and rhino). Seeing the world never looked – or felt – so good. ■



# WEIGHT LOSS WITHOUT SURGERY: is it possible?



**The Endoscopic Gastric Balloon** is a reversible, non-surgical procedure for weight loss that is performed by qualified medical specialists.

**Dr Melvin Look**, Consultant Surgeon in Gastrointestinal, Laparoscopic and Bariatric Surgery at PanAsia Surgery, answers your commonly asked questions about the Gastric Balloon in this first of a 3-part series.

**Q. I have heard about surgical procedures for obesity like the gastric band operation. How is this different?**

The gastric band is one of the 3 different surgical procedures we commonly perform for patients with obesity, the other 2 being the sleeve gastrectomy and the gastric bypass. Each of these operations has its own pros and cons, but we carefully select the most suitable procedure based on the needs and expectations of the individual patient. These procedures are usually done by a laparoscopic approach using keyhole incisions, but they are all surgical operations nonetheless, and require General Anaesthesia (GA) and 3 to 5 days of hospitalization.

The Gastric Balloon, on the other hand, is an endoscopic procedure done under sedation rather than GA. The Gastric Balloon is a medical grade silicon device that is inserted through your mouth and inflated inside your stomach under guidance with a gastroscope. The procedure takes 10 minutes and no surgery is required. Most patients are discharged from hospital on the same day after a few hours of rest.

**Q. How do I choose between surgery and the gastric balloon procedure?**

Surgery is usually reserved for people with a Body Mass Index (BMI) that is higher than 37. Such patients have severe obesity and require a permanent solution that can achieve significant and sustainable weight loss.

The Gastric Balloon is preferred for those who are overweight or moderately obese (with a BMI between 27 to 37) and do not require surgery. This is a reversible procedure and you will feel completely normal once the balloon is removed after 6 to 12 months. The Gastric Balloon

can also be an alternative to surgery, or a bridge before surgery, for the more obese patients who do not want surgery or are not quite ready to undergo an operation yet.

**Q. How does it work? What results can I expect?**

The Gastric Balloon is not a magic pill. It is a medical tool to help control your appetite to facilitate compliance to a dietary plan. The Gastric Balloon occupies space in the stomach and reduces the capacity of the stomach. Stretching of the stomach wall after a small meal tells your brain that you are full. Stomach emptying is delayed and you will feel full until your next meal. Taking away the hunger is the key to sticking to a low calorie diet plan.

Losing weight is not easy. You need to be motivated and regular exercising is also encouraged for optimal results. You will be taught simple rules for behavioural modification. We recommend keeping the Gastric Balloon in for at least 6 to 12 months as your body will then be "reprogrammed" to healthier dietary intake even after the device is removed.

The amount of weight loss with the Gastric Balloon can be variable, and may be related to the volume of saline used to fill the balloon. Earlier this year, a new Gastric Balloon was made available in Singapore which is adjustable. We are therefore able to increase (or decrease) the size of the balloon during the 12-month period when it is left in the stomach.

**Part 2 next month:  
What to expect before, during and after your Gastric Balloon procedure**

Clinical studies using this Adjustable Gastric Balloon reported a 42.9-50.6% Excess Weight Loss at 12 months equivalent to a mean weight loss of 17.2 to 24 kg\*.

**References**

\* Machytka E, Klvana P, Kornbluth A et al. Adjustable intragastric balloons: a 12-month pilot trial in endoscopic weight loss management. *Obes Surg.* 2011 Oct;21(10):1499-507.

Machytka E, Brooks J, Mason J. One Year Adjustable Intragastric Balloon: Safety and Efficacy of the Spatz3 Adjustable Balloon. *F1000Research* 2014, 3:203 (doi: 10.12688/f1000research.5099.1)

**Meet the Doctor Session**

(Admission is free. Refreshments provided)

Date: 28th October 2015

Time: 5.30 – 7.00pm

Venue: Mount Elizabeth Novena Hospital

To register, please SMS <WL> space <your name> space <contact number> to 9835 0633



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# SUPER SERENA

World tennis champ Serena Williams defines girl power for the modern woman.

**D**ressed in black pants and a sleeveless top, a very athletic yet glamorous-looking tennis champion Serena Williams walks into the photo studio all smiles and carrying her little canine companion tucked under one arm. She's looking warm and fuzzy as well – not words usually associated with this tennis diva.

For a woman who captured the US Open at age 17 and has gone on to break tennis records ever since, including two Olympic gold medals in women's doubles, Serena has dominated the courts with her signature grunts and colourful tennis garb.

"I don't wear a lot of black," says the 1.75m-tall powerhouse, who is currently number one in the world of women's tennis. "I like really bright colours because I think they brighten up any mood and make me feel sexy. They also empower me as a woman, especially in a boardroom usually full of men."

The cheerful hues Serena displays on the court range from orange and yellow to green and bright purple. "And my favourite: pink. Just feel-good colours and clothes – that's my story."

In fact, Serena likes to surprise her fans by revealing her feminine side, something not often seen on the court. After all, she has relied on her uber-muscular body to get her to the ball in time with speed, agility, strength and discipline.

"I think each of those characteristics helps balance me and everything else in my life. A lot of people tell me I look different

in person and I say: 'Well, I'm not sweating and grunting.' It's a big difference when I'm working so hard in tennis – that's my job.

"Being an athlete makes me never want to give up on things. Whatever I believe in, I fight for and will do it again and again until it's right," says the pro who turns 34 this month.

At her age, when most female tennis players have hung up their rackets, Serena is busier than ever, just beating fellow American Sloane Stephens in the second round of the Madrid Open in May, and then taking the French Open in dramatic style the same month. Despite suffering from a severe bout of flu before this match, she clawed her way back from losing a 4-1 advantage in the second set and then trailing 2-0 in the third to beat Czech Lucie Safarova and win her 20th Major.

In July, Serena scooped her sixth Wimbledon title and is rapidly closing in on Steffi Graff's record 22 Majors, with no signs of slowing down. She will close the 2015 season by defending her WTA title in Singapore this October.

Off court, she has equity deals along with a small stake in the Miami Dolphins and an investment in a sports gear company. This year, she also became the first black female athlete to grace the cover of American *Vogue* (April). And she recently signed up with the Masterclass online program, where for US\$90 you can receive video lessons and learning tools from the pro. We ask Serena how she keeps it all together. ►



**“BEING AN ATHLETE MAKES ME NEVER WANT TO GIVE UP ON THINGS. WHATEVER I BELIEVE IN, I FIGHT FOR AND WILL DO IT AGAIN AND AGAIN UNTIL IT’S RIGHT.”**

♥ You might be the most powerful woman in sports today. What makes you feel feminine and actually empowers you as a woman off the court? Besides clothes? I think it's learning about the business side of life. That's very empowering. I think you are brought down to earth after being around a lot of men, so you're definitely the most feminine in the room. You feel you need to stand up for yourself and really make important decisions, so it does get empowering at the same time.

♥ No one has dominated women's tennis over the last few decades as you have. How has your relationship with the sport evolved over the years? It's changed a lot in terms of growing a bigger, more special relationship with tennis. I've developed a greater love for it – and a different sort of appreciation. I think it's definitely changed for the better.

♥ You've had health setbacks in the past. Have these experiences changed your life

at all? Maybe it has a silver lining to it, and you take better care of yourself.

Absolutely. I'm already into better nutrition. And I've learned the business aspect of my game. As an athlete, I know some products that athletes really need. I attended business courses in college. I think the more you play, or the more you're around different things, your mind has to go to another level. I know I won't be playing tennis forever.

♥ What tips can you give readers to help keep their bodies in top form and live a healthy lifestyle? A good healthy diet is really important. Even though it's so good, sugar is basically the devil. I love sugar, unfortunately, but I know it's not good. A lot of people say not to eat carbs but some are very healthy for you and very important. Complex carbs from vegetables and salads can help improve your brain function. Beans – red, kidney or black-eyed – have become a really big staple for me.





**“LIFE IS TOO SHORT TO WORRY ABOUT WHAT SOMEONE ELSE SAYS OR THINKS ABOUT YOU, SO I DON'T REALLY CARE.”**

I play games on my iPhone. Watching TV can shut your brain off sometimes and be a stress reliever. I like to watch *The Voice*; I like reality TV.

♥ **What do you fear most in life?** I don't really fear. Or I try not to fear.

♥ **What can you not live without?** My bible.

♥ **What do you never leave home without?** That cell phone.

♥ **What would you like to be remembered for most?** I do charity work with a lot of schools in Africa and the United States. I send girls who can't afford education to school, so I'd like to be remembered for the work that I do to help people because I do a lot. I don't talk about it a lot. I want to do it for the pure love of it.

♥ **Much has been written about your diva antics and temper. What would you like the readers to know about you?** I don't really care what some people say. I think I'm really funny and not really a diva. Life is too short to worry about what someone else says or thinks about you, so I don't really care.

♥ **Are you more of an emotional, angry, sad or happy person?** Definitely sad at times. I was trying to figure that out, and I think maybe it's because I try to do too much. Maybe lack of sleep as well. I should probably get six to eight hours every night, but I'm only getting five to six at times.

♥ **What type of music is on your playlist?** Except Christian gospel music, everything from country and rock to hip hop and classical. I also like '70s and '80s music.

♥ **How would you describe yourself?** Extremely caring, really, really funny and young. 📱

Those are really important to me because they're both protein and carbohydrates.

♥ **Any foods you've completely omitted over the years?** I haven't eaten red meat in over a decade. I just decided I didn't want to eat it. I was pretty young at the time but there's no real reason behind it. And I don't drink coffee.

♥ **What are your guilty food pleasures?** Chocolate-covered peanut butter cups and liquorice. Sometimes I'll have fun with those things and do something crazy. But then again, I don't think it's crazy. It's just normal and keeps me balanced. I think being crazy is saying no to everything.

♥ **Please finish this sentence: Nothing is sweeter than...** Love. And I'll leave it at that.

♥ **What do you think love gives you that nothing else does?** Companionship.

♥ **Some people say that when you're in love, there's that endorphin rush and feeling young again. Do you feel that?** Yeah, definitely. I'm like that. I'm happy and maybe too much so – you know what I mean. I think I'm at the extreme. But it's a really good feeling.

♥ **What or who inspires you on a daily basis?** On a daily basis? Venus inspires me regularly.

♥ **You're over 30. Do you think your body can still stand the rigours of such stiff competition and the practice you do?** Yeah, I think so. I feel really young again. I was thinking about that the other day actually – on the court when I was warming up and thinking: You know, I don't feel too bad overall. This is really kind of cool.

♥ **In your field, there is constant pressure and stress. What are some stress reduction tips that work for you?** Prayer is important, at least for me. Reading. I read fiction; silly reads.

# Let your beauty sparkle

with firmer,

brighter skin

## DID YOU KNOW? COLLAGEN MAKES UP ABOUT 70% OF OUR SKIN.

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However, over 1% of collagen is lost every year once we reach our 20s due to aging and external aggressors, resulting in sagging skin, fine lines, wrinkles and pigmentation.



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LANEIGE Collagen Drink leverages the expertise of parent company, AMOREPACIFIC CORPORATION —Korea's leading health and beauty company. Since 2002, it has been developing "intelligent beauty food" that offers women a beautiful, healthy life.

Every bottle of LANEIGE Collagen Drink contains 5,000 mg of low-molecular fish collagen peptide to restore youthful, firmer skin. That's not all. With added Pomegranate and Red Orange extracts, it improves skin's natural brightness and clarity.



# Your 6-in-1 solution for youthfulness from within

## 1 ANTI-OXIDIZING

Rich in polyphenols (a group of powerful anti-oxidants), Pomegranate extract protects skin against collagen damage caused by free radicals so skin stays youthful-looking.



## 2 ELASTICITY

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## 3 FIRMING

5,000 mg of low-molecular, fish-derived collagen peptide to replenish lost collagen for firmer skin.

## 4 MOISTURIZING

Red Orange extract increases skin's water retention capacity for dewy, radiant skin.



## 5 BRIGHTENING

Vitamin C stimulates collagen synthesis and helps prevent pigmentation by targeting skin dullness for a brighter, more luminous look.

## 6 YOUR HEALTHIER CHOICE!

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RADIANCE

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4.0%  
ELASTICITY

Based on clinical study after consuming LANEIGE Collagen Drink for 8 weeks, 1 bottle a day. Test subjects: 35 female adults aged 30 to 33. Your results may vary.

## Q & A

**When is the best time to take LANEIGE Collagen Drink?**

It is recommended to take the drink two hours before bedtime as our skin regenerates itself and replenishes collagen at night. However, if you have a weak stomach, it is recommended to drink it after dinner.



**Should I continue to take LANEIGE Collagen Drink even after my skin has improved?**

The quality of your skin will not deteriorate immediately after you stop taking the drink. But collagen is constantly discharged from the body, so consume LANEIGE Collagen Drink consistently to maintain the balance of collagen in your body.



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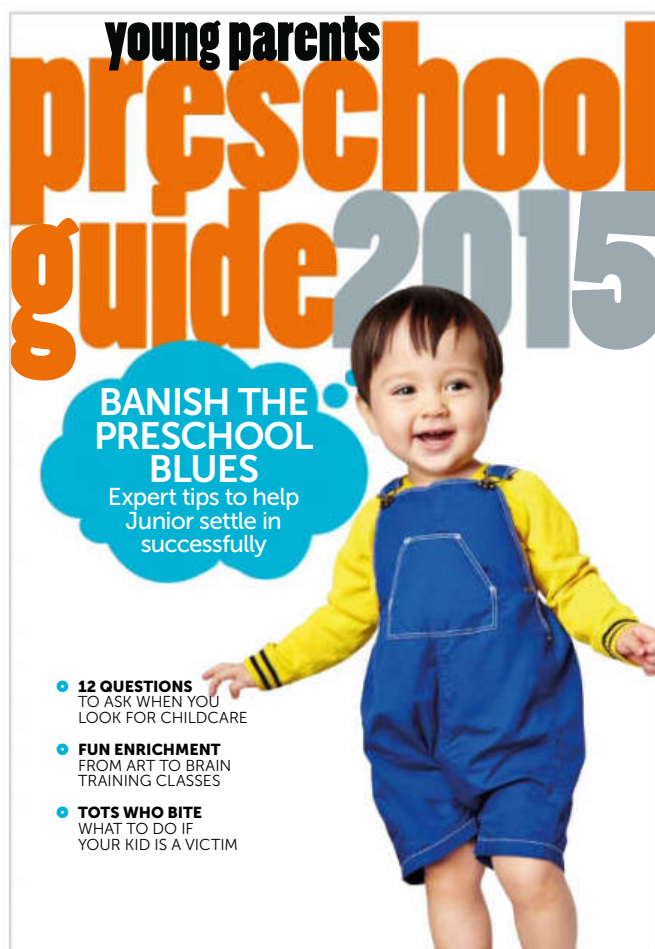
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# Live Healthy

ARM YOURSELF WITH KNOWLEDGE!

## Telly trouble

If your tot's a couch potato, time to get him or her moving. New research in the *Journal of Developmental & Behavioral Pediatrics* has found that with every 53 extra minutes of TV that a 29-month-old toddler watched, his risk of being bullied at age 12 increased by 11 per cent. According to study author Linda Pagani, "TV viewing may lead to poor eye contact habits – a cornerstone of friendship and self-affirmation in social interaction."

This means that **too much time spent glued to the screen means less time to interact and develop social skills**. Time to schedule play dates for your bub instead!



## DIRTY DIP

Swimming pools are inviting in our hot weather, but they're also one of the yuckiest things to come into contact with. According to [www.webmd.com](http://www.webmd.com), each person introduces 0.14g of poop, one to two cans' worth of sweat, one cup of pee and billions of skin microbes into the pool during a single swim session. Multiply that by the number of users in a public pool and you have a germ fest! To minimise the spread of nasties, shower before diving in and take regular toilet breaks.



## Big benefits of morning sex

### *It feels really good*

As your guy's testosterone level peaks between 7am and 9am, he'll have a harder, longer-lasting erection, which means slower, more pleasurable sex for you, says Dr Hilda Hutcherson, a clinical professor of obstetrics and gynaecology at Columbia University's College of Physicians and Surgeons in the US.

### *You'll be relaxed all day long*

The post-sex rush of endorphins and hormones keeps you happy and helps buffer you against stress for hours, says Dr Hutcherson. Sex also helps lower blood pressure, keeping you calm. Even an overflowing inbox is no match for your chill mood.

### *Deeper sleep the same night*

Getting busy for 30 minutes at 7am leads to sleeping longer at night, according to a study from Appalachian State University in the US. And yes, research has found that longer sex sessions do count as aerobic exercise.

## POWER NAPPING

You're going to like this one! A recent University of Michigan study in the US has officially justified sleeping on the job. Researchers got 40 participants to keep to a consistent sleep schedule for three nights and then split them into two groups.

The first lot took a 60-minute nap while the other watched a nature video. Then both groups answered a questionnaire, and the results showed that those who snoozed were less impulsive and could manage setbacks better.

According to study author Jennifer Goldschmied: "Napping may be a beneficial intervention for individuals required to remain awake for long periods of time as it enhances the ability to persevere through difficult or frustrating tasks."





## How gross is your sponge?

The very thing you rely on to keep things clean is probably the dirtiest object in your house. Yup, the average kitchen sponge is teeming with more germs than even a toilet handle, reports a survey by global public health organisation NSF International.

Even if you replace it as soon as it starts to smell or become slimy, it's already weeks past its prime, says cleaning pro Linda Cobb, author of *Talking Dirty with the Queen of Clean*.

To minimise germ build-up, use a separate cloth or sponge for meat spills and heat your wet sponge in the microwave on high for one minute at the end of every day. You'll kill more than 99 per cent of bacteria and mould, according to a study from the Agricultural Research Service in the US. Replace the cloth every week, and the sponge every four weeks. But if it starts to stink before then, toss it immediately.



## See clearly now

Japanese contact lens specialist shop **Hirocon** (#B2-28 Orchard Gateway) has just opened. Branded as a one-stop shop for all contact lens needs, Hirocon is said to carry the largest selection of contact lenses in Singapore. Tip: Let an in-house optometrist do an eye check before recommending the best type of lenses for you.

TEXT: DAWN CHEN PHOTO OF COUPLE: REKA PROD./WESTEND61/CORBIS ILLUSTRATION: ILLUSTRATION WORKS/CORBIS  
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# LOSE THOSE LAST THREE KILOS

*The final few that just won't budge! That's why we tapped US-based celebrity trainer Harley Pasternak for research-backed ways to blast through a weight-loss plateau once and for all.*

**W**hen it comes to slimming, that last bit of extra weight always seems to hang on for dear life. So, how do you finally shed it? You don't necessarily have to work harder, so long as you're strategic, says Harley Pasternak, celebrity trainer, New Balance ambassador, and author of *5 Pounds: The Breakthrough 5-Day Plan to Jump-Start Rapid Weight Loss (and Never Gain It Back!)*.

Harley spent two years poring over research, and cites more than 400 studies in the book, to pinpoint the smartest strategies to attack this problem. Here, six of his most surprising tricks to help you finally drop those last stubborn kilos.





### ***Pump some actual iron***

Body-weight moves are great, but Harley says that picking up free weights will get you the most dramatic results in the shortest amount of time. You can't target every muscle as effectively with just your body weight, and weights allow you to progress as you get stronger (by lifting heavier ones).

Invest in two pairs of dumbbells to keep at home – one lighter set and one heavier. Aim to use them for at least five minutes a day. Research shows that intense “snack-sized” workouts are more effective than moderately intense, longer ones. And no, you won't bulk up, unless you're also taking testosterone shots and overeating.

### ***Don't give cardio too much credit***

Of course, cardio is a great way to burn calories, but research shows that many of us overestimate our burn and may subconsciously decrease other movement throughout the day to compensate. Does this sound familiar? “I won't take the stairs since I went for that run this morning.”

Still, log your workout but maximise your movement throughout the day by making several small tweaks, like walking while you talk on the phone, or getting a standing desk at work.

Doing so will seriously increase your weight-loss efforts, says Harley. This strategy ensures you burn calories at a steady pace all day long, rather than torch a bunch in one session that you may end up counteracting later.

### ***Take a 30-minute power nap***

Skipping on sleep increases your appetite, saps the energy you need to work out, and makes your body less efficient at burning fat. If you have trouble getting the recommended seven to eight hours per night, Harley's research found that a single 30-minute nap daily could count towards your nightly total.

It's just long enough to allow you to sink into the stage of sleep when your muscles relax and your body temperature lowers (where you get the energy boosting benefits), but not so long that you reach the deepest stage of sleep, which could cause you to feel groggy when you wake up.

Dr David Klein, a leading sleep physician in the US with whom Harley consulted, says that if you had to choose, you may be better off nabbing a 30-minute nap versus an hour-long sweat session as it will give you the energy to move more the rest of the day. Two rules so you don't affect sleep later: Do it in the early afternoon and don't snooze for more than 30 minutes, says Harley.

### ***Step away from your electronics***

Unplug for one consecutive hour a day (doesn't matter when) and you'll be more active, says Harley. That's because for the most part, you tend to be still when you're on your phone, checking e-mail, and watching stuff. Instead, use that hour to get in some of the 10,000 steps you should log daily. Research shows that taking this number can reduce waist size and BMI.

### ***Eat fat to shrink***

One unfortunate side effect of losing weight: Your body burns fewer calories per day, so you don't need as many. This is one of the reasons those last three kilos seem so impossible to drop. But that doesn't mean you have to revert to a diet of only vegetables. Just be smart about the foods you do eat.

Choose ones that keep you full and give you energy. Monounsaturated and polyunsaturated fats can lower the glycaemic load of a meal, which helps stabilise blood sugar and keeps you full and energised. Get them in Harley's favourites: avocado and almonds.

### ***Confront your end goal***

Fitness and weight loss goals need to be specific, says Harley. If you're struggling with the last few kilos, pick a date by which you want them gone. Write that on your bathroom mirror or a post-it note you keep on your desk or fridge. Make sure it's somewhere that you will see and read it regularly, so you'll think twice about skipping a workout or eating a second piece of your co-worker's birthday cake.

And if you need another nudge, you can always think about the consequences when a temptation arises, like how you'll feel shopping for bathing suits. **■**

# COMING OF AGE

A pioneer in action sports apparel for women, Roxy celebrates 25 years of making waves – on land and in the water.



It was 1990 when the Roxy name was first introduced as a swimwear line for women under the Quiksilver brand. Intended for women into the surf culture, its appeal made it an instant hit.

By 1993, the roaring success of Roxy, with its recognisable heart-shaped crest symbolising boldness of spirit, fun, daring and class, had made it a cool, fashionable brand, with its now iconic women's board shorts being its pièce de résistance.

In 1994, the brand signed legendary world champion American surfer Lisa Andersen, and partnered its sister brand in the sponsorship of the 1995

Quiksilver/Roxy Pro Hawaii, which kicked off its long-standing involvement in the pro surfing scene. As its pioneer Roxy team member, Andersen's style and athletic prowess not only laid the foundation for modern women's surfing in the 1990s, but was a great inspiration to the brand design-wise.

With the increasing demand for its products, Roxy opened its first boutique in 1997 in Hawaii before setting up other stand-alones around the world. It also expanded its ranges to include an accessories line, footwear, watches and Roxy Girl, a lifestyle line for young girls.

The only exclusively female action sports brand in the market, Roxy celebrates its 25th anniversary this year with the appointment of Andersen, Australian Stephanie Gilmore and Kelia Moniz, who is Japanese, Hawaiian, Portuguese, Chinese and Irish, as its global ambassadors.



## ROXY'S KEY MILESTONES

**1990**

Roxy is born.



**1993**

The new Roxy logo and its women's board shorts are launched.



**1994**

Lisa Andersen, then the Association of Surfing's Female World Champion, becomes the first member of the Roxy team.



**1995**

The first annual Quiksilver/Roxy's Women's Pro-surfing event takes place, and the brand introduces footwear, watches, and Roxy Girl, a line targeting girls aged seven to 16.

**1997**

The first Roxy store opens in Hawaii.





## EMBODYING AN ACTIVE & ADVENTUROUS SPIRIT

Roxy's Outdoor Fitness Collection, already in its third year, has been designed and developed for three unique categories the brand calls Run, Yoga and Water. The bold prints and bright colours will inspire confidence and heaps of fun. Performance-wise, materials like Xtra Life Lycra offer maximum comfort without compromising movement, while the durable lightweight Repreve nylon, made from recycled plastic bottles, allows wearers to play a small part in being more environmentally-aware.



Dawn Ride long sleeve springsuit rashguard, \$99.

Wanderer bikini top, \$59, and bottom, \$39.

### WATER

The bikinis and rashguards provide comfortable, lightweight coverage with chlorine resistance and UPF 50+ sun protection.

With their quick-drying advantage and bold prints, the bikini tops can be easily layered for a stylish transit between the gym or yoga studio and the street or beach.

### YOGA

Quick-drying and fitting, the Drop It Low sports bra features Roxy's Dry Flight technology and adjustable straps for full yoga stretches. Roxy's Relay Capri, made from recycled nylon fabric, lets you move to your inner rhythm without worrying about uncomfortable abrasions.



Double down tank, \$55, Relay capri, \$75, and Drop It Low sports bra, \$69.

### FAB DEAL

Get an additional 10 per cent off any piece from the Outdoor Fitness collection at Quiksilver Orchard Central and Vivocity, and Royal Sporting House at 313@ Somerset and Tanglin Mall. Offer valid till Sept 30, 2015.



Cutback tank, \$59, Tight Run sports bra, \$59, and Line Up 2" shorts, \$59.

### RUN

Whether you're in the gym or jogging outdoors, the Run range combines performance and comfort. The Line Up 2" shorts, made from four-way stretch Repreve recycled polyester, is versatile enough to go from the track to the beach. For support where it matters, the Tight Run Sports Bra has removable cups and adjustable straps to suit specific training needs.

#### 2011

Roxy signs four-time ASP Women's World Champion Stephanie Gilmore as an ambassador. Besides her ASP world titles, she also achieved 24 Elite World Tour victories.



#### 2012

The Roxy Outdoor Fitness Collection and the first Roxy Girl Contest are launched.



#### 2013

Roxy collaborates with Diane von Furstenberg on a new range.



#### 2014

The Roxy Pop Surf Collection launches.



#### 2015

The Pendleton collection is released. And Roxy celebrates its 25th anniversary with three iconic surfing athletes: Lisa Andersen, Stephanie Gilmore and Kelia Moniz.



Can't stop \* \* \* \*

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# The Spotty Girl's Health Guide

## *Off-target diagnosis?*

Five common conditions doctors tend to misdiagnose in active women.

## *Pedi-cures*

Say goodbye to bothersome blisters, bunions and heel pain.





# Off-target diagnosis?

*When aches and pains send you to the doctor's office, you probably don't question the diagnosis.*

*But physicians can be wrong. Up to 15 per cent of patients are misdiagnosed, research in the American Journal of Medicine revealed. We asked doctors we trust to tell us which conditions they often see misunderstood and mislabelled in active women. Here are five common mix-ups docs make – plus how to finally get the right fix so you can feel better fast.*

BY KRISTINA GRISH

*You have an urgent need to pee all the time, and when you go, it's uncomfortable. This happens a lot.*

**MISDIAGNOSIS** Urinary tract infection (UTI)  
**WHAT IT REALLY IS** Painful bladder syndrome (PBS) or interstitial cystitis

With this chronic condition, the tissues of the bladder wall become inflamed, resulting in pelvic pain and the same symptoms as a UTI. However, unlike a UTI – a bacterial infection that can be brought on by sex or not wiping up properly after peeing – the cause of PBS is unknown.

"UTIs are more common, so a lot of doctors misdiagnose the problem and just call in a prescription for antibiotics," says Dr Charles Ascher-Walsh, director of gynaecology at the Icahn School of Medicine at Mount Sinai in the US.

The anti-inflammatory effects of the antibiotics may make you feel better temporarily if you have PBS, but they'll never clear up the real condition. On average, it takes about four years before a correct diagnosis is made.

**THE FIX** "When you have repeat UTIs, you need to see your doctor for an exam and additional tests," Dr Ascher-Walsh advises. Be sure to tell him how often symptoms occur as well as what seems to cause and relieve them. If he determines you have PBS, he may prescribe medication to replenish damaged areas of the bladder wall and treat the pain.

For at-home pain relief, try soaking in a warm bath or placing a heating pad on your achy pelvis. Drinking a glass of water with a teaspoon of baking soda, which lowers

urine's acidity, can also help. Some women find that certain foods and drinks spark or worsen their symptoms. "Eliminate the most common culprits: anything with caffeine – including chocolate – or carbonation as well as citrus and other vitamin C-rich foods," Dr Ascher-Walsh suggests.

*The inside of your ankle hurts when you run or walk, and it looks a little red and swollen.*

**MISDIAGNOSIS** Ankle strain or sprain  
**WHAT IT REALLY IS** Excessive foot pronation

With normal pronation, after your heel strikes, your foot rolls inwards until it's flat on the ground. Then, when you push off to take a step, your weight shifts to the front inside of your foot and the big-toe joint.

Over-pronators, however, continue to roll further inwards as they shift their body weight. This puts strain on the tendons and ligaments around the ankle, causing pain that can be dull and achy at times and sharp at others.

**THE FIX** Many stores selling running shoes do a gait analysis, which captures your foot motion on camera as you run and indicates whether you over-pronate. You can also look at the bottom of your shoes or everyday flats to check the wear pattern. If the heels are more worn down on the inside edge, tilting inwards towards the arch, you're rolling in too far with each stride.

"Try orthotics or arch supports to limit pronation," says Joe Ellis, a podiatrist and the author of *Running Injury-Free*. Also, choose stability shoes for your workouts and whenever possible wear casual and dress shoes with firm backs for maximum support. ►

## Feel-good Factor

*You wheeze, cough, can't catch your breath and feel fatigued when you exercise.*

**MISDIAGNOSIS** Bronchitis

**WHAT IT REALLY IS** Exercise-induced asthma

Exercise-induced asthma (EIA) is a no-brainer to identify if symptoms stop when your workout ends. However, it gets tricky when you have signs only once in a while or the cough and fatigue last for days, which is especially common if you have allergies.

**THE FIX** Tell your doctor about the onset and severity of symptoms – how long they last, what aggravates or alleviates them, and how hard you work out. Ask for a pulmonary function test with a methacholine challenge to measure your lung capacity and rate of air flow, says Dr Robert Jones, an internist and associate medical director at the Cleveland Clinic Medicine Institute in the US.

Although EIA is a chronic ailment, symptoms usually improve with gradual cardiovascular conditioning and the avoidance of potential triggers, such as exercising where there's heavy air pollution or swimming in chlorinated pools. You may also need to puff on a quick-relief inhaler before and sometimes during your workout. Check with your physician.

*You're dizzy and weak during exercise. Whoa, you almost fainted!*

**MISDIAGNOSIS** Dehydration

**WHAT IT REALLY IS** Low blood sugar (hypoglycaemia)

It's easy for doctors to mistake this for dehydration in active people. Dehydration is more common, and it can trick you into thinking you're hungry. With either condition, you feel better after downing juice or a sports drink, but if your blood sugar is low, it's the sugar, not the hydration, that helps.

"There's a mistaken belief that healthy people with a normal sugar metabolism cannot exercise to the point of low blood sugar, but they can," Dr Jones says.

**THE FIX** Keep a food and exercise diary, and give your doctor a detailed history of your diet, fluid intake and workout habits. To avoid episodes, stabilise your blood sugar by eating a snack with protein and fat, such as a banana with peanut butter two hours before exercising. Also sip a sports drink or energy gel every 20 to 45 minutes during workouts that last longer than an hour, Dr Jones advises.

*You're feeling moody and anxious, you can't focus, and you just want to take a nap. You've also gained weight.*

**MISDIAGNOSIS** Depression

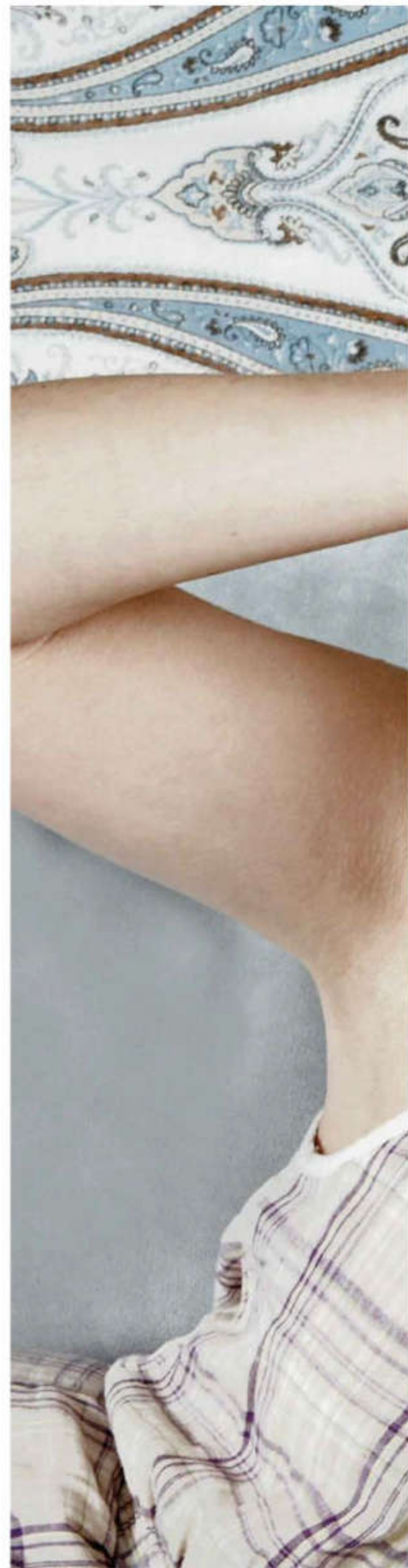
**WHAT IT REALLY IS** Underactive thyroid (hypothyroidism)

When the thyroid gland doesn't produce enough hormones, bodily functions slow down, making you feel sluggish and irritable. "I see this as having been misdiagnosed as depression in many patients who come to me," says Dr Robert McConnell, an endocrinologist at New York-Presbyterian Hospital in the US.

Hypothyroidism can begin in your 20s and 30s, and it occurs after 15 to 20 per cent of pregnancies, when it may be mistaken for postpartum depression. Other symptoms include decreased sensitivity to cold, thinning hair, dry skin and constipation. Your general practitioner may run only the most basic thyroid test, which isn't always accurate.

**THE FIX** See an endocrinologist, who will conduct more sensitive tests to determine your levels of thyroid-stimulating hormone (TSH) and another hormone called T4. Ask her to also check your levels of free T3 and T4, total T3, reverse T3, anti-thyroid antibodies and sex hormone-binding globulin (SHBG). These help diagnose a low-functioning thyroid, which is often missed by many physicians, according to the US National Academy of Hypothyroidism. The condition is typically treated with thyroid hormone-replacement meds, and it takes several months for symptoms to improve. **E**

*It's easy for doctors to mistake hypoglycaemia for dehydration in active people.*







## Find out what's really wrong – stat!

*“LACK OF TIME, THE MISGUIDED USE OF TECHNOLOGY, AND POOR COMMUNICATION ARE OFTEN TO BLAME FOR MISDIAGNOSES,” SAYS DR ROBERT JONES. TAKE THESE STEPS TO KEEP MIX-UPS TO A MINIMUM.*

### **CHOOSE A DOCTOR WHO SPENDS A LOT OF TIME WITH YOU.**

If your doctor is overbooked, he's more likely to make a hasty call, Dr Jones says. Find a new one at [www.docdoc.sg](http://www.docdoc.sg). It lets you search for doctors in your area and make bookings online.

### **STEP AWAY FROM GOOGLE**

A 2012 Pew Research Center study from the US found that 40 per cent of women self-diagnosed online, and then 55 per cent of them follow up with a doctor. That's dangerous as you may report only the symptoms that confirm your own assumptions. Keep a diary of all your symptoms and make a list of questions to bring to your appointment.

### **DON'T SKIP FOLLOW-UP VISITS.**

“Doctors often need to monitor symptoms and try different treatments to make a correct diagnosis,” Dr Jones explains. “Make sure your physician is asking appropriate, probing questions about your problem and how you're responding to treatment, as well as listening to your answers and explaining the next steps in a way you understand.” Don't be shy about speaking up if what he's telling you doesn't seem quite right.

# Pedi-cures

*Bothersome blisters. Killer heel pain. Here's how to treat your feet so you can stay footloose and fancy-free.*

BY PAIGE GREENFIELD





our feet do a lot for you. Their combined 56 bones – about a quarter of your entire skeleton – support your body weight every time you stand or take a step. They may pound the ground more than 7,000 times during a 6km jog. And they suffer in silence, for the most part, when you put on a pair of sexy stilettos.

In return, we don't do much for our feet. Case in point: 88 per cent of women wear shoes that are too small, according to a survey by the American Orthopaedic Foot and Ankle Society. "We put fashion before comfort, which leads to foot problems and exacerbates pre-existing ones or deformities," says Megan Leahy, a podiatrist at the Illinois Bone & Joint Institute in the US. The result is that women are four times more likely to experience foot pain than men are, and nine times more likely to develop bunions and seek help for them and other deformities.

Time takes a toll on our tootsies too. Beginning in our 20s, the ligaments and tendons lose elastin – a protein that allows those tissues to bounce back after stretching. This makes our feet more prone to pain and injury. And, of course, the years we spend in ill-fitting shoes add up. Even worse, we commit serious foot faux pas by ignoring pain as long as possible.

Take a step in the right direction now and learn how to bypass the most common pedi complaints. ►

PHOTO: LAURA DOSS/IMAGE SOURCE/CORBIS



### *Funky infections*

Your paranoia about picking up nasty bugs in the locker room is totally legit. “The germs that cause infections are everywhere,” Megan says. The organism that leads to athlete’s foot and the virus that gives you warts thrive in moist environments. So, the sweeter your feet, the higher your risk.

**PREVENT IT** Wear sweat-wicking socks and strip them and your sneakers off as soon as your workout is over. Always wash your feet daily, especially between your toes, and dry them thoroughly (you can use a hair dryer). If you notice a circular patch of calloused-looking skin on one of your soles – the sign of a possible wart – pop a daily multivitamin to strengthen your immunity so your body has a better shot at fighting off the virus, Megan says.

**CURE IT** Fight itchy athlete’s foot fungus by applying an over-the-counter (OTC) antifungal cream twice daily for two weeks. Untreated, the organism can make its way under your toenails, causing a painful infection. “Even if the symptoms clear up, continue using the cream for a full month to reach the deepest layers of skin and keep the infection from spreading or coming back,” Megan recommends.

***Your paranoia about picking up nasty bugs in the locker room is totally legit. The germs that cause infections are everywhere!***





***Genetics may be at play in as much as 89 per cent of certain adult foot disorders. Inherited deformities include bunions and hammer toes.***

### *Genital deformities*

You inherited mum's wavy locks and dad's high cheekbones. Unfortunately, they may have passed something else along as well: funny-looking feet. Genetics may be at play in as much as 89 per cent of certain adult foot disorders, the American College of Rheumatology reported.

Common inherited foot troubles are bunions – painful swellings on the first joint of your big toes that jut out – and hammer toes that bend permanently downwards, usually as a result of pressure from footwear.

**PREVENT IT** You can't fight your genes, but you can avoid wearing tight or pointy shoes, which can accelerate and exacerbate these hereditary problems, says Dr Catherine Cheung, a foot and ankle surgeon in the US.

**CURE IT** Surgery is the only real fix for deformities. "But as long as bunions and hammer toes don't cause discomfort, there's no need to operate," says Dr Pedro Coscolluela, an orthopaedic surgeon at Methodist Center for Orthopaedic Surgery in the US. If you do have pain, look into getting custom orthotics, which can help lessen it. "Your doctor will make a cast of your feet and create inserts that fit into your shoes to support your unique foot structure," Dr Cheung explains.

### *Tendinitis*

The calf muscle is connected to the heel bone.

And your Achilles, the body's biggest tendon, is what links them, Megan says. When your calf muscle is tight, it yanks the Achilles tendonway as the heel pulls it the other, causing painful inflammation, known as tendinitis.

While most people have naturally tight calves, teetering in stilettos can make them even more so. In fact, habitually sporting heels that are 5cm or higher actually shortens bundles of muscle fibres in the calf by about 13 per cent and stiffens the Achilles tendon by about 20 per cent, according to a study in the *Journal of Experimental Biology*.

**PREVENT IT** Wear shoes that give you support. While ballerina flats may seem like a smart choice, their lack of support can cause tugging on your tendons. Avoid the flimsy thin-soled kind in favour of those with more arch support and cushioning. Do the majority of your hoofing around in shoes with a 2.5cm heel, which place the foot in its optimal position.

**CURE IT** Warm up properly and stretch daily to keep your calf muscle supple and reduce inflammation, Dr Coscolluela advises. In addition, take OTC anti-inflammatory pain meds, like ibuprofen, ice the area for 10 to 20 minutes at a time, and avoid exercise until the pain subsides. This typically takes at least six weeks.

### *Stress fractures*

Running does wonders for your body, mind

and spirit, but overtraining can spell trouble for your toes. Pain and swelling in the front of your foot is a big red flag that you've been overdoing it and need to take a break for a week or two to heal.

Being side-lined is a bummer, but consider the alternative: Powering through the pain could set you up for a stress fracture. Such a crack in one of the metatarsal bones at the base of your toes can keep you off your feet and in a protective boot for as long as three months.

A stress reaction begins as a dull ache that at first goes away after a period of rest for a few hours to several weeks. Continuing to push through that ache may lead to a stress fracture, which can result in foot pain and swelling that isn't relieved solely with rest.

You may also notice warmth and redness where it hurts. "The bones in your feet are accustomed to a certain amount of stress and strain as you walk or run," Dr Coscolluela explains. "Without giving them enough time to adjust and become stronger through a gradual increase in your workouts, they'll eventually snap."

**PREVENT IT** When you start a new exercise programme – especially if you're training for a 10K, half-marathon or marathon – gradually amp up your routine using the 10 per cent rule: Increase your mileage by no more than 10 per cent a week to give your body time to handle the increasing physical demands, and reduce your risk of injury.

Also, play the field rather than become ►

## Feel-good Factor

obsessed with one sport. “Cross-training is beneficial because each activity relies on different bones and tendons, which helps ward off overuse injuries,” says Jonathan Rose, a podiatrist in the US and co-author of *The Foot Book: A Complete Guide to Healthy Feet*.

Finally, check your nutrient intake. If you’re falling short on calcium and/or vitamin D (aim for 1,000mg a day of each from food or supplements), you may be increasing your chance of sustaining fractures.

**CURE IT** See your doctor stat, before the problem gets more severe. If he concludes that you have a stress fracture, he will most likely recommend ice, compression with a bandage or possibly wearing a removable cast boot. Healing may also require time off from working out. Itching to stay active? Ask if you can swim or bike. Non-weight-bearing exercises may be okay, depending on the fracture’s location and severity.

### Killer heel pain

If you’re in agony the moment you place your feet on the floor in the morning, plantar fasciitis – pain caused by inflammation in the ligament that runs from the heel bone to the base of the toes – is probably the culprit.

While you were sleeping, your body started to form scar tissue in an attempt to repair strain and inflammation in the area. Placing weight on your feet causes micro-tears in those scars that can leave you howling.

As with stress fractures, plantar fasciitis is likely to occur when you start a new exercise programme and attempt to do too much too soon. You’re also at a higher risk if you have low arches, because of the tension and strain placed on the fascia with each step, which can lead to inflammation and micro-tears over time.

**PREVENT IT** Use insoles that cradle your arches, and get different ones to fit different shoes.

**CURE IT** If a combination of rest, ice and OTC anti-inflammatory medications don’t help to ease the soreness, make an appointment with a podiatrist. “For patients with heel pain that’s above a six on a scale of one to 10, I often administer a cortisone injection, Jonathan says.

“The shot delivers medication directly into the injury and immediately reduces swelling.” Some doctors believe that the minor trauma of the needle may be what kicks the body’s natural healing response into high gear. **■**



## DIY sole savers

### REMOVE A WART WITH DUCT TAPE.

Some research has shown that this method is effective. Place a small piece of duct tape over the wart and leave it on for six days, replacing it if it falls off. Then peel off the tape, soak your feet in warm water and file the wart gently with a pumice stone or emery board.

Let the area air out for half a day before reapplying new tape. Repeat the process until the wart is gone or see a doctor if it isn’t improving. “The tape creates mild irritation, which jump-starts your body’s immune system, explains Megan.

### FIGHT INFECTIONS WITH A

**DISINFECTANT.** Spritz it in your running shoes post-workout to kill any fungi or viruses they may be harbouring.

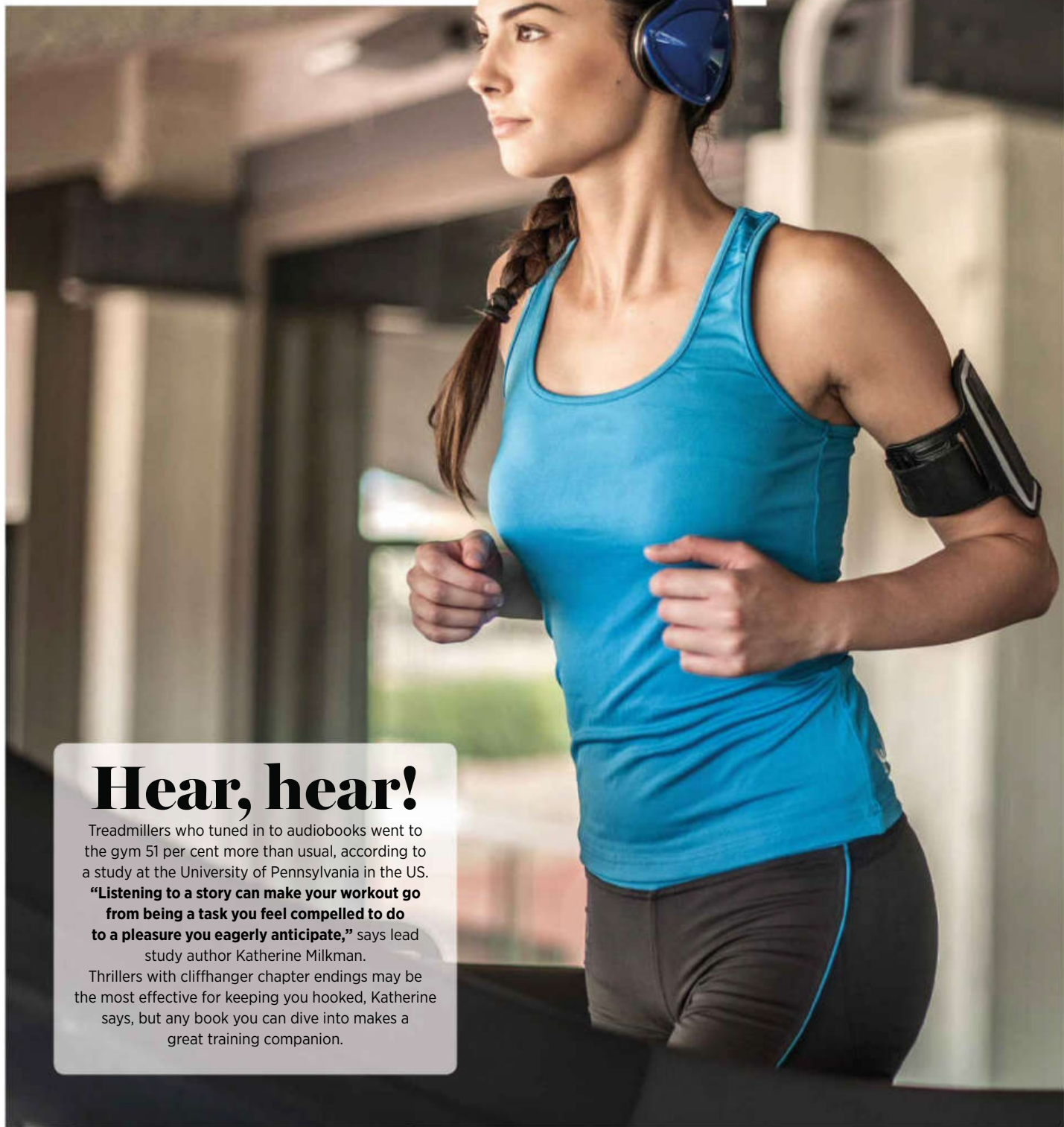
### BURST A BLISTER WITH A SEWING

**NEEDLE.** Sterilise the needle and the blister with rubbing alcohol, pierce the side of the blister and then gently press to drain. (Don’t pluck off the skin.) If you have a compromised immune system or if the blister is blood-filled, which can signal an infection or more serious problem, see your physician, Megan says.



# Get Fit

**SCULPT YOUR BEST BODY EVER!**



## Hear, hear!

Treadmillers who tuned in to audiobooks went to the gym 51 per cent more than usual, according to a study at the University of Pennsylvania in the US.

**“Listening to a story can make your workout go from being a task you feel compelled to do to a pleasure you eagerly anticipate,”** says lead study author Katherine Milkman.

Thrillers with cliffhanger chapter endings may be the most effective for keeping you hooked, Katherine says, but any book you can dive into makes a great training companion.



# YOUR NEW ROUTINE

*Fitting in strength training, intervals and endurance training weekly while eating 60g of whey protein a day (about three scoops of the powder) can help you drop three times as much weight as well as gain more lean body mass than if you just stick to strength training alone, according to a Journal of Applied Physiology study. Marni Sumbal, a trainer and triathlete based in the US, designed this plan to help you mix it up, limber up, and change your body in one month.*

DAY 1	DAY 2	DAY 3
<b>Strength training</b> Do exercises like squats and lunges with weights, hold planks or do pull-ups, or take a strength class. <b>Time</b> 20 to 30 minutes	<b>Stretch</b> Take a yoga or pilates class. <b>Time</b> 30 to 60 minutes	<b>Active recovery</b> Go for an easy walk. <b>Time</b> 30 to 60 minutes
DAY 4	DAY 5	
<b>Intervals</b> Warm up, then do five to 10 30-second intense cardio intervals (run, cycle, row) with two minutes of lower intensity to catch your breath between intervals. <b>Time</b> 30 to 45 minutes	<b>Active recovery</b> Go for an easy walk. <b>Time</b> 30 to 60 minutes	
DAY 6	DAY 7	
<b>Endurance</b> Do a cardio activity (jog, hike or inline skating) at a moderate intensity. You should be able to hold a conversation with some effort. <b>Time</b> 60 to 90 minutes	<b>Active recovery</b> Go for an easy walk. <b>Time</b> 30 to 60 minutes	



**“If you can’t stop thinking about it, don’t stop working for it.”**

JULIA STEPHENS, YOGA INSTRUCTOR FOR PURE YOGA IN THE US VIA INSTAGRAM @JKSYOGA

## STAY ON TRACK

The new **Jawbone UP3** (\$309, major electronics stores) is probably the most advanced tracker you can buy. It monitors your sleep and activity patterns as well as your resting heart rate, and then stores the data in the Jawbone app, so you can track your ticker over time. This is pretty cool because, as you get fitter, the resting rate should get slower. Read our full review on [www.bit.ly/shape\\_jawboneup3](http://www.bit.ly/shape_jawboneup3).



TEXT ESTELLE LOW MAIN PHOTO CATHERINE WESSEL/CORBIS



# Made for walking

YOU CAN DO BETTER  
THAN FLIP-FLOPS!

**Y**ou don't think twice about investing in proper running shoes. So why hurt your feet with those fiddly f-things? Any one of these casual-chic shoes provide better support, whether you're out shopping or strolling in the park.

## BREATHABLE

**Columbia Women's Vulc N Vent Slip Shoes** (\$89) help keep sweaty soles dry with mesh panels and vents in the footbed.

## PROTECTIVE

Excellent for brisk walkers, **Skechers Women's GoWalk 3 Walking Shoes** (\$105) have sufficient midsole cushioning and shock-absorbing outsoles to reduce impact on joints.

## PLUSH

**Reebok Women's Skyscape Runaround 2.0 Walking Shoes** (\$109, Stadium) have really soft and stretchy foam uppers that provide unrivalled comfort with every step.

## SUPER COMFY

Crafted from two cords and a flexible polyurethane sole, **Keen Women's Uneek Sandals** (\$169, World of Sports) mould to your feet for a perfect, secure fit.



# Think strong, be strong

There is such a thing as fitness self-esteem, and you need it because having this mental strength may help you get a better body, a new study revealed. When researchers at Texas Woman's University in the US studied a group of women aged 18 to 30 with similar BMIs, and who did comparable amounts of weekly exercise, they found that those who thought of themselves as fit and strong were able to run significantly longer and lift heavier weights than their less self-assured counterparts. Truly believing you can accomplish a physical task that takes endurance and strength "allows you not to be afraid to put in more effort," says study author Wayne Brewer.



## HOT HAPPENINGS

### HEAD OUTDOORS!



#### ● BounceOff! – Asia's Largest Inflatable Race

In this 3.2km race, you'll have to jump, climb, crawl and bounce your way from one inflatable obstacle to another.

**WHEN** Oct 3, 9am to 6pm

**WHERE** Tanjong Beach to Siloso Beach, Sentosa

**HOW MUCH** \$98 (includes entry to Sentosa and bazaar)

**MORE INFO** [www.bounceoff.com.sg](http://www.bounceoff.com.sg)

#### Pink Ribbon Walk 2015

Organised by the Breast Cancer Foundation, this 3.2km effort aims to raise breast cancer awareness by bringing together survivors and supporters.

**WHEN** Oct 3, 5pm

**WHERE** Event Square, Marina Bay

**HOW MUCH** \$45 (aged 13 to 59); \$35 (60 and above)

**MORE INFO** [www.pinkribbonsingapore.com](http://www.pinkribbonsingapore.com)

**70%** How much likelier your guy is to start getting the recommended 150 minutes of exercise a week if you already do. SOURCE CIRCULATION




## INTO THE WOODS

New mums will be happy to take their tots for a walk with **Stokke Trailz** (\$2,198, Mothercare), an all-terrain stroller with advanced tyre suspension to ensure a smooth ride. Suitable for babies weighing up to 15kg, it comes with lockable front swivel wheels, an adjustable handle, and a roomy, waterproof shopping basket.

MAIN PHOTO PATRIK GIARDINO/CORBIS



A woman with dark hair in a ponytail is stretching on a green running track with red and yellow lane markings. She is wearing a dark blue Adidas sports bra, dark blue shorts, and leggings with a colorful butterfly pattern. She is also wearing bright orange Adidas Ultra Boost sneakers and a black and red wristband. The background is a blurred view of the track.

SHAPE SPECIAL

# RUN. TRAIN. REPEAT.

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THE DISTANCE WITH YOU.

TF M BRA, \$49.  
M10 SHORTS, \$45.  
ULT YOGA TIGHTS, \$69.  
ULTRA BOOST SHOES, \$289.





GRAPHIC TRACKTOP, \$99.  
ESS THE TEE, \$39.  
ULT  $\frac{3}{4}$  TIGHTS, \$65.  
ULTRA BOOST SHOES, \$289.

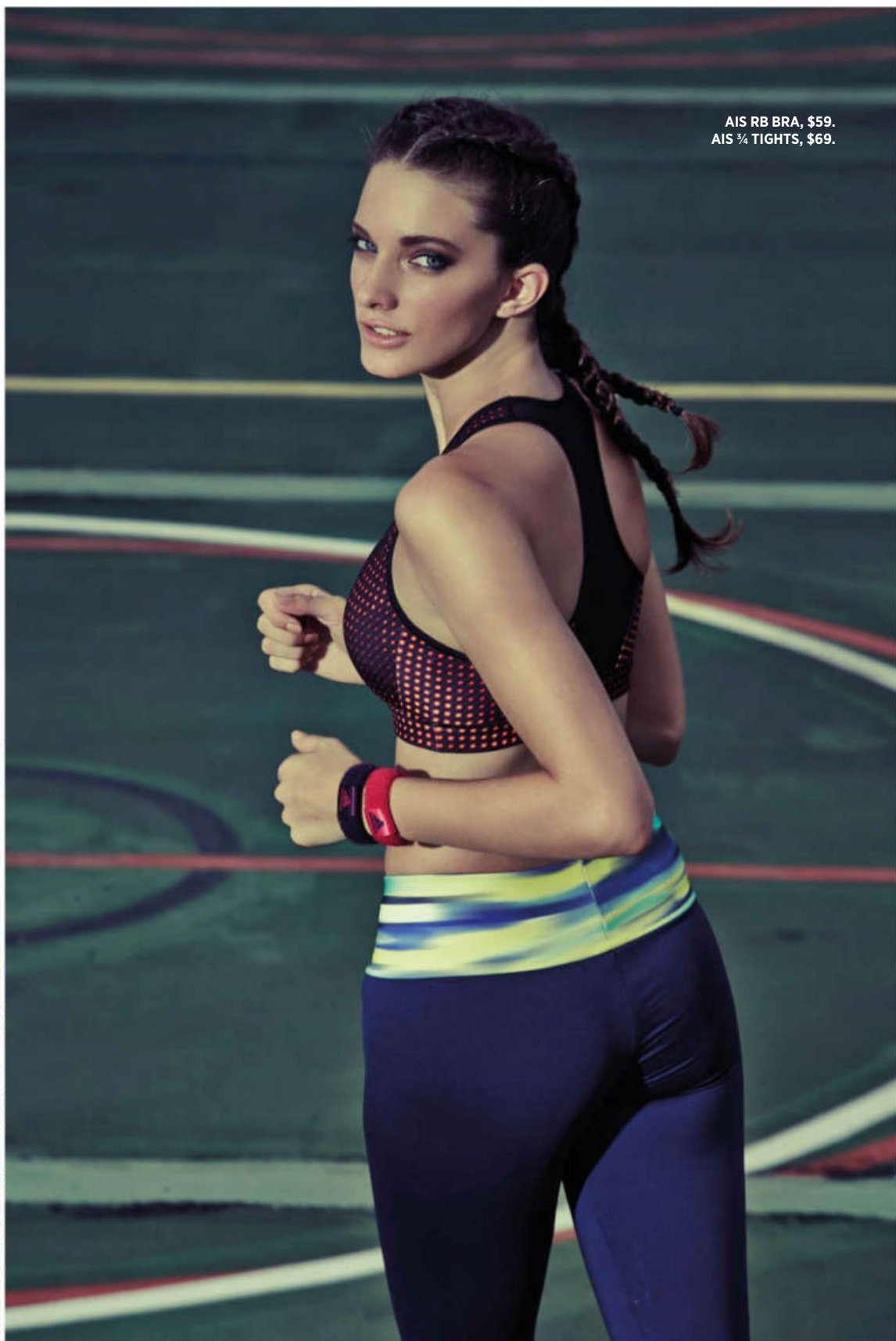


ESS THE TEE, \$39.  
ULT AG  $\frac{3}{4}$  TIGHTS, \$65.



STYLING DOLPHIN YEO  
ASSISTED BY ANGELA CHU  
PHOTOGRAPHY FRENCHESCAR LIM  
ASSISTED BY CHERYL RAHARJO  
ART DIRECTION RAY TICSAY  
HAIR EILEEN KOH  
MAKEUP CELESTINE SNG,  
USING URBAN DECAY  
MODEL MACKENZIE GRAYCE/  
MANNEQUIN

AIS RB BRA, \$59.  
AIS ¾ TIGHTS, \$69.



# Get a hot yoga butt

*The term yoga butt is no joke – just check out the tight derrieres of regulars in a class. “Yoga lets you sculpt, mould and tone your lower body using just your body weight,” notes celebrity instructor Hilaria Baldwin, the US-based creator and model of the backside boosters opposite. And the perks don’t stop there, says Hilaria, who famously helped husband Alec get into shape. “These strengthening moves stretch you too, so you’re elongating your muscles and toning them at the same time.”*

BY JENNA AUTUORI-DEDIC  
PHOTOGRAPHY JAMES FARRELL

## THE PLAN

### *How it works*

Do three sets of each exercise  
– in any order – for 20 minutes,  
three days a week.

### *You’ll need*

A yoga mat.



TAP FOR  
MORE



### HAMMIE TWIST

*Works butt, hamstrings, quads and calves*

● Stand near top of mat with feet together. Hinge forward from hips and touch hands to floor 5cm to 10cm in front of feet, keeping elbows bent. Lift left leg diagonally and right behind you. Bending right knee, swing left knee back down behind right leg towards outside of right knee. Extend left leg behind you again as you straighten right leg, and repeat. Do 10 reps; switch sides and repeat.

**MAKE IT HARDER**  
Touch left knee to right ankle.



### REVOLVE LUNGE

*Works shoulders, arms, abs, butt, hamstrings, quads and calves*

● Stand with feet hip-width apart, arms overhead, palms facing each other. Step left leg back, lifting heel; keep both legs straight. Bend right knee 90 degrees while twisting torso right. Bring left arm forward to shoulder height and reach right arm behind you. Hold for five counts. Twist torso back to centre; raise arms while straightening right leg. Do 10 reps; switch sides and repeat.



### BOOTY BLASTER

*Works back, butt, hamstrings and inner thighs*

● Lie face down with legs hip-width apart. Extend arms behind back, interlacing fingers. Lift chest and legs off floor, pointing toes. Maintaining lifted position, bring legs together, then quickly open; repeat. Do 20 reps.

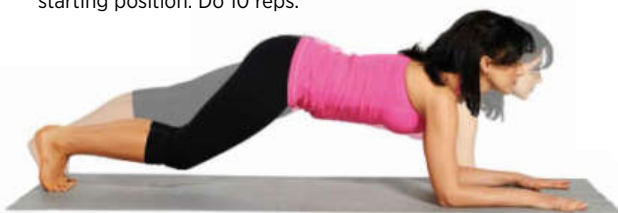


### DOLPHIN KICK

*Works shoulders, abs, butt and quads*

● Start in plank position, balancing on mat on forearms and toes, elbows directly under shoulders. Keep hips slightly lifted. Bend knees to almost touch floor, then return to starting position. Do 10 reps.

**MAKE IT EASIER**  
Alternate bending left and right knees.



### SADDLEBAG SCORCHER

*Works butt and outer thighs*

● Begin on all fours, knees under hips and hands under shoulders. Place left forearm on floor so left hand is perpendicular to right hand; twist torso slightly right and lift right leg just off floor. Keeping right knee bent 90 degrees throughout, raise right leg out to hip height. Lower leg under hip without letting it touch floor. Do 20 reps; switch sides and repeat.

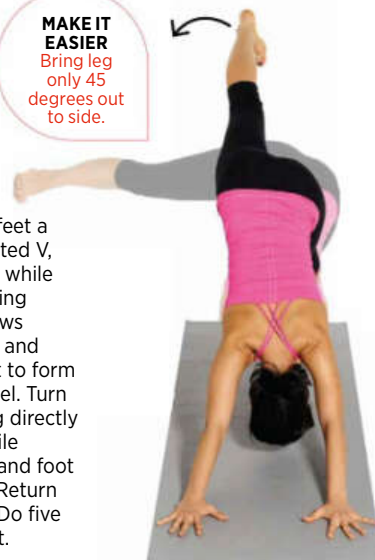


### LEG SWIVEL

*Works butt, hamstrings, outer thighs and calves*

● Start in Downward Dog position: Get on all fours, then tuck toes under and press hips back and up towards ceiling as you walk feet a few steps back to form inverted V, balancing on palms and feet while keeping heels on floor. Keeping inverted V position and elbows locked, lift right foot off mat and extend behind you. Flex foot to form straight line from head to heel. Turn toes right and bring right leg directly out to side at hip height, while keeping leg parallel to floor and foot flexed. Hold for five counts. Return right leg back behind body. Do five reps; switch sides and repeat.

**MAKE IT EASIER**  
Bring leg only 45 degrees out to side.





Rowena & Angelina

## Work It, Girl!

Ladies, start your journey to fitness with Contours Express.

Do you aim to get in shape? Are you intimidated by muscle men, foreign-looking machines and being stared at in regular gyms?

Contours Express, a chain of exclusive gyms for women is here to make a difference. Females from 8 to 80 will receive a personalised exercise program. The equipment is specially designed for women and since no men are allowed, women can be at ease exercising here.

### GETTING STARTED

First timers start by filling in a fitness analysis form. Once you rank your fitness priorities, be it weight loss, toning your muscles, improving flexibility, relief joint and muscle pain, fitness trainers here will use the information to design a structured workout to suit your needs.

There will also be instructional videos playing on TV screens to guide you.

These videos have half yearly themes like latin, retro or kick-boxing to keep things interesting.

### WORK OUT ANYTIME

If you're strapped for time, try their signature 29-minute circuit training. It's a total body workout that tones, burn calories and improves flexibility all at once.

Adele Png, a working mother says : "I go for it before heading to work"



Unlike other gyms that have fixed schedules for classes, you can drop by Contours Express anytime within operating hours. Their extended hours from 6am to 11pm daily is making it even more convenient for you.

Mdm Sharanjit Kaur, a homemaker says, "The flexible timing allows me to fit in a workout after sending my kids to school. I also love the friendly atmosphere at the gym!"

Those who are interested to experience this 29-minute circuit training can take up a 1 week trial for \$25\*. Website : [www.contoursexpress.com.sg](http://www.contoursexpress.com.sg)



# Contours Express®

The Family Friendly Gym for Women

UNLIMITED  
SESSIONS  
FROM \$69/MONTH  
6AM-11PM DAILY\*



Shed fats & **WIN** Prizes  
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Within our female only gyms, our friendly trainers offer a personalised service that focuses on your individual health and fitness goals, ensuring results in just 29 minutes!

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\* Terms apply. Applicable at selected centers

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Tampines • Tanjong Pagar\* • Woodlands\* • Yishun

Get Fit







# LEAN, TIGHT AND BIKINI WORTHY

BY JACLYN EMERICK  
PHOTOGRAPHY NICOLA MAJOCCHI

*We're talking about the beautiful body of a surfer. With this 20-minute workout that mimics a wave rider's moves (also possible on land and without a board and wetsuit), it will be your body too.*





***“Competition is a great motivator. Go up against yourself every time you do this routine and try to increase your rounds,” says trainer Adam Rosante.***



**Y**ou can bet a surfer's toned arms, sleek back, flat abs and sculpted legs aren't built in the gym. "Those tight, lean muscles are the result of duck-diving and paddling, popping up and down, and working through several planes of motion to stay on the board," explains Adam Rosante, a celebrity trainer in the US who works with pro surfers.

Adam translated all those unique physical demands into fresh moves you can do using nothing more than your body weight. We asked him to put together an exclusive fat-burning circuit of the most effective exercises from his *Waveshape* workout DVD series.

"I designed this high-intensity routine to work your body from every angle and challenge your balance as you incinerate a maximum number of calories," Adam says of the moves that he cherry-picked. "It will not only make you look amazing, but it will also help you root out any muscle imbalances." Each motion simulates a surf-specific skill and then takes it up a notch so you get even leaner than you would out on the water. Take, for example, Adam's signature move, Surfies. With this, you do a pop up (the core-carving technique by which surfers rise to their feet



***When you reach the point where you feel as if you can't do any more work, force yourself to manage one more rep. Just one. Do it and you'll prove to yourself that you are capable of more than you thought," Adam urges.***

from a belly-down position on a board), then a knees-to-chest jump before hustling back down to hit the floor for your next power push-off. It's no joke.

Carving your dream bikini body is just the first reason to swap out your usual routine and dive into this one. These moves also work magic with your endurance, power, coordination and flexibility. Build those and anything you do will feel easier, whether it's exercise, sports or your everyday mad dash. "This isn't your typical plyometric workout; it's a total-body routine grounded in sports conditioning," Adam says.

Inspired? Your goal is to get in as many rounds of Adam's nine moves as possible in 20 minutes. The number you reach is dictated by the work you're willing to put in. "Don't cheat or hold back. Go harder than you think you can as that's when the body-changing results happen.


"Just always remember to focus on your form first. Beginners can start off slowly and increase their pace once they get used to the movement patterns," says Adam. Make this your go-to workout – minus a wetsuit – this month and you'll want to put on a little bikini instead. ►



Get Fit





A full-page photograph of a person's legs sticking out of the ocean waves. The person is lying down, and their legs are extended towards the viewer, partially submerged in the water. The water is turbulent with white foam from the waves. In the background, there are dark, jagged rocks protruding from the sea. The overall scene conveys a sense of relaxation and connection with nature.

***“After a day on the waves, you will feel muscles you didn’t even know existed,” Adam says. “This workout will have the same effect on you.”***



# SURFER BODY WORKOUT

**a**



## 1 SURFIES

*Works shoulders, chest, biceps, abs, butt, quads and hamstrings*

Stand with feet hip-width apart, arms at sides. Crouch, place palms on floor, and jump feet back to plank. Lower body to floor **[a]**, then explosively push up and jump feet to hands to land in staggered stance with left foot forward, and knees and elbows bent as if balancing on a surfboard **[b]**. Jump, tucking knees towards chest and bringing palms over knees **[c]**. Land softly to complete one rep. Repeat, this time landing with right foot forward. Do 12 reps, alternating sides.

**b**



**c**



## 2 RAIL GRAB

*Works shoulders, back, abs, butt, quads and hamstrings*

Sit on floor with knees bent, feet flat, and palms pressing into floor directly below shoulders with fingertips pointing behind you. Lift hips so body forms straight line from head to knees. Reach left hand up. Quickly push off right palm and sweep arms to switch positions, landing with left hand on floor and right hand reaching up **[shown]**. Switch sides and repeat to complete one rep. Do 12 reps, alternating sides.



## How it works

Set a timer for 20 minutes. Do these moves in order for the number of reps indicated – no resting between moves. Repeat the circuit as many times as you can until the clock runs out. Do this routine three or four days a week on alternate days and record the number of rounds you do each time. “Three rounds is average, four is great, and anything above that is truly exceptional,” Adam says. Time to see what you can do!

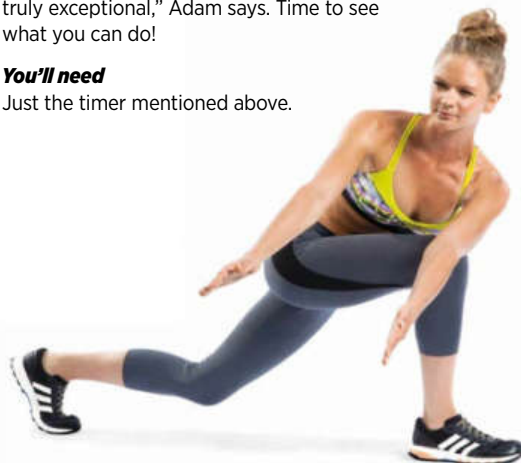
## You'll need

Just the timer mentioned above.

## 3 CRESCENT LUNGE

*Works back, obliques, butt, quads and hamstrings*

Stand with feet together, arms at sides. Raise arms overhead. Step left foot back and bend right knee 90 degrees (left leg bends slightly) while simultaneously turning torso right, swinging arms down to outside of right thigh **[shown]**. Return to start. Switch sides and repeat to complete one rep. Do 12 reps, alternating sides.



## 4 PADDLE OUT

*Works shoulders, back, chest and abs*

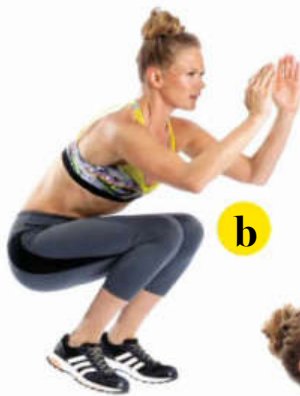
Start on floor in plank on palms. Extend right arm forward to shoulder height with palm facing down **[shown]**, then sweep it out and right in an arc until it meets right thigh. Drag right palm up alongside body until beneath shoulder. Lower hand to floor to return to plank; switch sides and repeat. Do a push-up to complete one rep. Do 12 reps.







**a**



**b**

## 5 POP UP

*Works abs, butt and hamstrings*

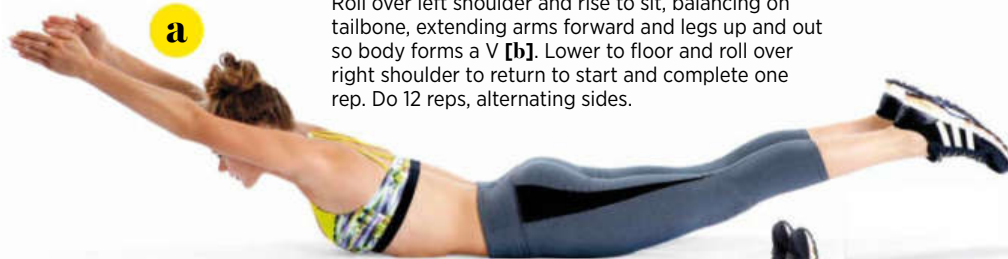
Kneel on floor with legs together and sit back on heels, bending elbows by sides to bring hands in front of chest to start. Swing arms back **[a]**, then forward as you explosively pop up off knees **[b]** to land with feet flat on floor, hip-width apart. Stand tall, pressing hips forward and squeezing glutes. Lower back to start to complete one rep. Do 12 reps.



## 6 BRIDGE KICK

*Works abs, butt and hamstrings*

Sit on floor with palms flat under shoulders, fingertips pointing forward, legs extended in front of you. Lift hips so body forms straight line from head to heels to start. Pull bent right knee towards chest, then press heel back to start. Next, kick right leg up as far as possible **[shown]**, then lower to start. Switch sides and repeat to complete one rep. Do 12 reps, alternating sides.

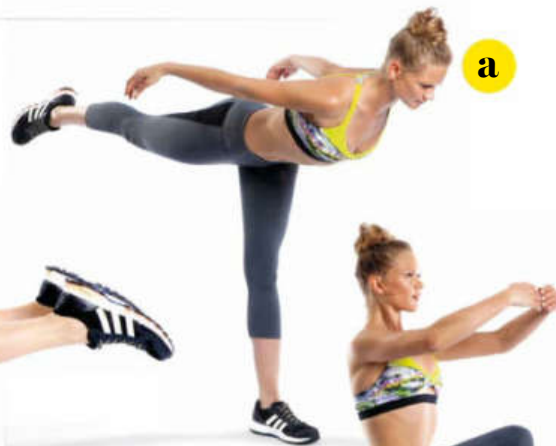


**a**

## 7 BOAT ROCKER

*Works back, abs and quads*

Lie face down on floor with arms extended forward and legs straight to start. Lift chest and thighs off floor, reaching arms and legs long **[a]**. Lower. Roll over left shoulder and rise to sit, balancing on tailbone, extending arms forward and legs up and out so body forms a V **[b]**. Lower to floor and roll over right shoulder to return to start and complete one rep. Do 12 reps, alternating sides.



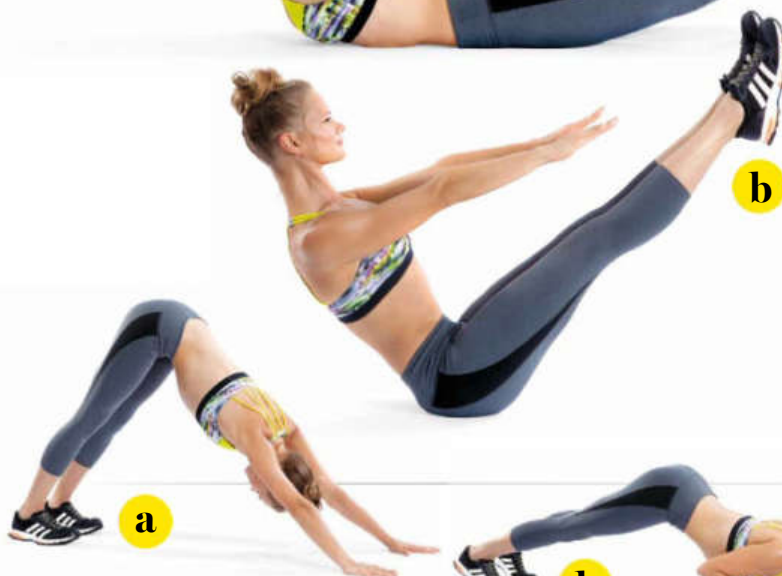
**a**

## 8 JACKKNIFE

*Works chest, back, butt, quads, hamstrings and calves*

Stand with feet hip-width apart, arms at sides. Hinge forward from hips, reaching arms back and lifting right leg back until body forms a T **[a]**. Explosively jump, driving right knee forward and scooping arms so fingertips meet at chest level (as though you're hugging a barrel) **[b]**. Land softly to complete one rep. Do 12 reps. Switch sides; repeat.

**b**



**a**



**b**



**c**

## 9 DUCK DIVE

*Works shoulders, chest, abs and hamstrings*

Start on floor in plank on palms. Press hips up and back so body forms an inverted V (Downward-facing Dog) **[a]**. Bend elbows and dive head forward **[b]** into bottom of a push-up with elbows close to sides. Push up to start position **[c]** to complete one rep. Do 12 reps.

# Look hot from every angle

*Melt away fat and get great abs, obliques, and a sexy back with this clever twist on core moves.*

BY JACLYN EMERICK  
PHOTOGRAPHY ARI MICHELSON

A flat, toned stomach is the holy grail of fitness pay-offs. It's also really tough to get, and contrary to what you may think, doing hundreds of crunches won't help.

"The best way to sculpt your middle is to do big, high-energy movements that use all major core muscles at once," says Madison Doubroff, director of a fitness studio in the US and master trainer for Fabletics, a US-based activewear company.

Based on this approach, Madison created a routine he does regularly with Fabletics' chief stylist, Ginger Ressler. Her motivation: "As a working mum, it's imperative that I keep my core strong so I can keep up with my kids and the demands of working on the Fabletics business. Focusing on our core not only helps us women feel great about our bodies, but also helps to prevent back problems, maintain great posture, and stay resilient for all of our daily rituals."

Here, the former track athlete and fitness model demos the moves. The key to this workout's effectiveness: Each exercise puts you off-balance to make stabiliser muscles fire up all through your body, explains Madison. Perform each one as fast as you can with good form to keep your heart rate high for serious core toning and fat melting.

## THE PLAN

### **How it works**

Do this workout thrice a week, moving fluidly between poses.

If time allows, spend the last song lying on your mat in a Sleeping Warrior pose with feet together and knees wide, the left hand over stomach and the right over your heart.

### **You'll need**

A mat and some way to crank up the music.

### **1 CRAB-WALK REACH**

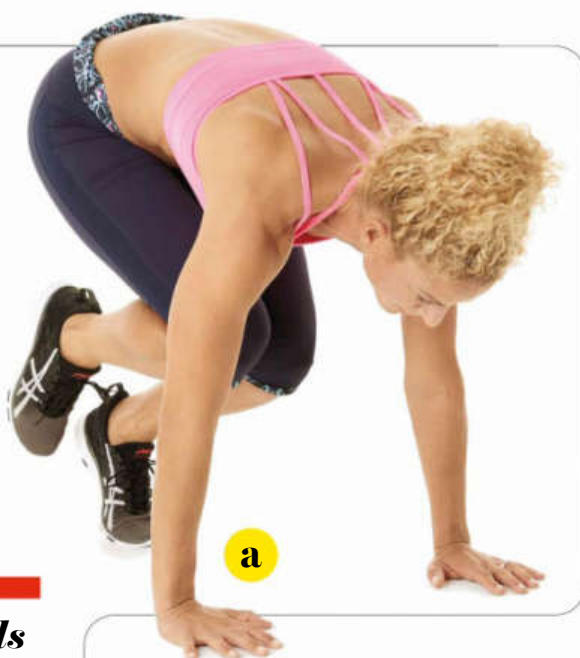
*Works shoulders, back, abs, butt and hamstrings*

Sit with knees bent, feet flat, palms on floor behind you with fingertips facing away from body. To start, press into hands and feet to lift butt 5cm off floor. Rise to tabletop position as you extend left arm behind you, gazing at hand **[shown]**. Lower to starting position. Switch sides; repeat. Continue alternating sides for 40 to 60 seconds.





***“If this ever feels easy, go faster or go longer,” Madison says. “The more you challenge yourself and the more energy you expend, the better your results will be.”***



## **2 SINGLE-LEG BURPEE**

*Works shoulders, chest, biceps, abs, butt, thighs and calves*

Stand on left leg, arms at sides. Crouch, place palms on floor [a], jump left leg back to single-leg plank (keep right knee bent and foot off floor) [b], lower chest to floor, press up, hop foot forward, then jump [c]. Without letting right leg touch floor, repeat for 20 to 30 seconds. Switch sides; repeat.





### 3 SINGLE-LEG SQUAT TWIST

*Works abs, obliques, butt and quads*

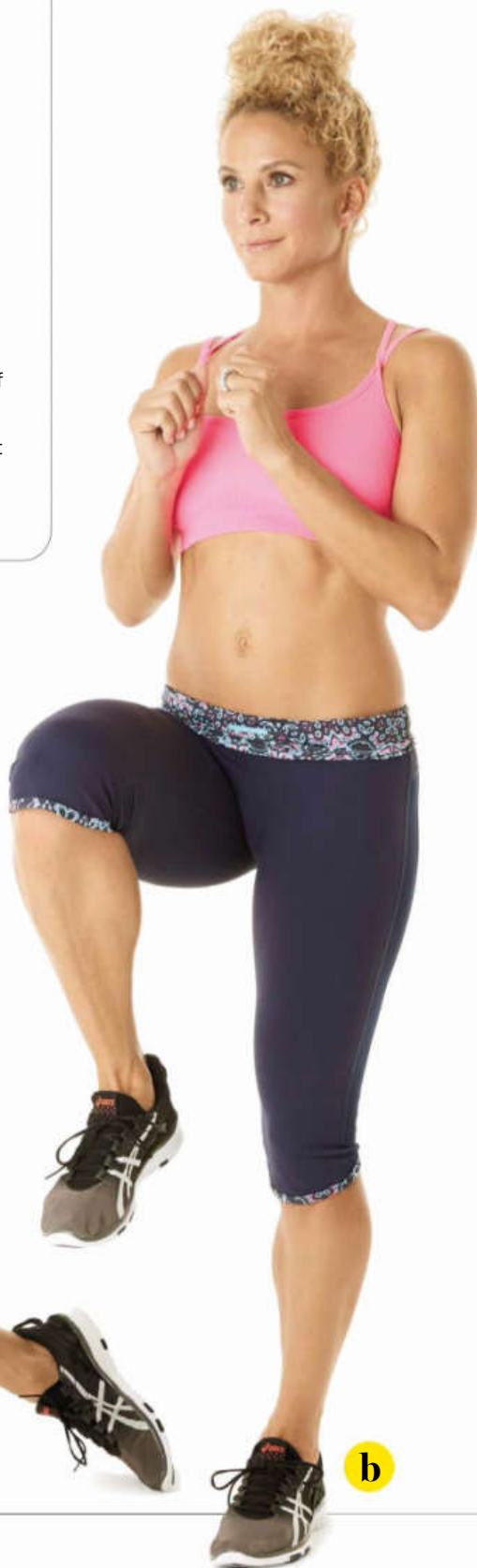
Stand on right leg with left knee bent and foot behind you, hands at sides to start **[a]**. Squat and rotate torso right, bringing hands outside of right foot, keeping hips square **[b]**. Return to starting position. Without lowering left foot, repeat for 20 to 30 seconds. Switch sides; repeat.



### 4 CURTSY-SQUAT KNEE DRIVE

*Works abs, obliques, butt, quads and inner thighs*

Stand on left leg, hands at chest with elbows bent to start. Bend left knee and reach right leg behind and across left as far as you can **[a]**. Stand and drive right knee up to hip height **[b]**. Return to starting position. Without lowering right foot, repeat for 20 to 30 seconds. Switch sides; repeat.







### 5 PLANK ROLL-OUT TO PIKE

*Works shoulders, back, abs, butt and quads*

Start in plank with shins on ball. Press into palms to roll back until ball rests on thighs, and body forms inverted diagonal line **[a]**. Drag ball forward, coming up to balls of feet so body forms inverted V **[b]**. Return to starting position. Repeat for 40 to 60 seconds.



### SIZE MATTERS

**The right-sized ball should be a bit taller than your knees when you're standing next to it. When you sit on it, your knees should bend 90 degrees (it'll feel like you're sitting comfortably in a chair).**

### 6 SINGLE-LEG BRIDGE

*Works abs, butt and hamstrings*

Sit with back against ball, knees bent, feet flat and hip-width apart. Lift hips so body forms straight line from shoulders to knees (head, shoulders and upper back rest on ball); place hands on hips **[a]**. Extend right leg out in line with left knee, foot flexed **[b]**. Lower leg. Switch sides; repeat. Continue alternating sides for 40 to 60 seconds.



# 7 ROTATING BRIDGE

*Works abs, obliques, butt and hamstrings*

Sit with back against ball, knees bent, feet flat and hip-width apart. Lift hips so body forms straight line from shoulders to knees (head, shoulders and upper back rest on ball). Extend arms up, palms together to start **[a]**. Rotate torso right and extend right leg right **[b]**. Return to starting position. Switch sides; repeat. Continue alternating sides for 40 to 60 seconds.



**a**



**b**



**a**

# 8 PLANK PULL-THROUGH EXTENSION

*Works shoulders, abs, obliques, butt and quads*

Start in plank with shins on ball. Draw right knee towards left elbow **[a]**, then extend right leg back and up, opening hip while keeping shoulders square **[b]**. Repeat for 20 to 30 seconds. Switch sides; repeat. **[c]**



**b**



# AESTHETICS, 3-D STYLE

At The Wellness Clinic, up to three procedures may be done in one session to treat a single problem – and for good reason.



With so many aesthetics clinics around, finding a practice that fully comprehends what a busy urbanite like you needs to look your best, and delivers great results, can be a challenge.

Up to the task is The Wellness Clinic at Camden Medical Centre, with a wide variety of non-invasive treatments for the face, body and hair. Its philosophy is simple and sound: To provide safe, proven high-quality therapies that are individually tailored to meet your needs and aspirations.

## 3-D APPROACH TO A BETTER-LOOKING YOU

To achieve this, Dr Ram Nath, director of The Wellness Clinic, advises that most times, more than one type of therapy is needed to treat a particular problem. In fact, it is this method of addressing the needs of patients that sets the clinic



apart from the rest. Dr Ram calls what he does the “3-D approach” and uses a combination of successive treatments to treat dermatological conditions, like acne, pigmentation, lines and

wrinkles. This tends to be safer and has more effective results than you would get from undergoing just one specific treatment at an increased intensity, which can also up the risk of skin injury, pain and long recovery time.

With the 3-D approach, each treatment can better target a problem from a different angle or depth to amplify results. And all are done at a safe and comfortable setting, so there is less pain, minimal downtime and maximum safety.

For home care and speedier recovery, procedures are complemented with skincare that’s formulated in-house. The therapeutic products range from an Acne Control System and Face Lifting Serum to a 100 per cent pure Hyaluronic Moisturiser and Pumpkin Enzyme Peel.



## ABOUT DR RAM NATH

Dr Ram was one of the earliest GPs with an interest in aesthetics medicine in Singapore when he started his first clinic in 2001. Over the years, he has built a strong foundation in the field by undergoing training and mentorship with other doctors in Singapore, Thailand, Australia, Korea and the US. Since then, Dr Ram has treated thousands of patients, and has developed his unique 3-D approach to skin treatment which maximises results and safety while minimising side effects and downtime.

For more information on The Wellness Clinic, visit [www.wellnessclinic.sg](http://www.wellnessclinic.sg) or call 6887 -3073.

# *“I was determined to be fit again.”*

When personal training didn't work out, Jacqui Heng took it upon herself to regain her pre-baby bod. As told to DEBORAH LIN.

**JACQUI'S CHALLENGE** As a student studying overseas, I was active and lean. I did spinning as well as aerobics, and ate healthy foods like veggies and tofu. All that changed when I returned home after 10 years of being abroad. I put all my time into work, hardly exercised, and often indulged in local favourites. I could eat laksa for breakfast, lunch and dinner! Not surprisingly, I put on 11kg within eight years.

When I got pregnant in 2010, I ate for two, believing that it was important to keep Baby healthy and nourished. I put on more than 20kg and was so large, I had difficulty just walking around!

As a new mum, I spent all my time caring for my newborn and ignored the lethargy and constant breathlessness. I attributed this to my lack of rest instead of obesity. By the end of my maternity leave, I was 80kg and my dress size had gone from M to XL. When I couldn't carry my baby without panting, I knew it was time to regain my fitness and stamina.

## **THE PLAN**

● On a friend's recommendation, I started exercising with a personal trainer. My body ached badly and I couldn't climb stairs for days after the first session, but I was determined to lose 15kg in two months. Instead, after three months of PT, I lost only 2kg.

So I stopped personal training and started exercising on my own, dedicating two hours daily to spinning and zumba. Within the first three months, I dropped 8kg. Extremely self-motivated, I pushed myself to do better each time. It helped that I was familiar with spinning, and enjoyed the challenge of increasing the resistance and acceleration.

Outside the gym, I set tough targets. It took three months to go from 20 to 120 push-ups in a single session, but I was determined to tone up my flabby arms.

I switched to eating carbs just twice or thrice a week and

blander foods as well. I also had meal replacement drinks. To deal with hunger pangs, I snacked on fruits, low-calorie yogurt and salads. Over the next two years, I lost another 16kg.

## **LIFE NOW**

● Being healthier has helped on all counts. With my energy level up, my confidence has grown and I am able to perform better at work. My dress size has dropped to S and I've given up the strict diet. These days, I try to eat everything in moderation.

Recently, I checked another item off my bucket list: I ran my first half-marathon in July. I've never felt better! 🏃‍♀️

### **WEEKLY WORKOUT SCHEDULE**

An hour of spinning class four times a week

## **BEFORE**

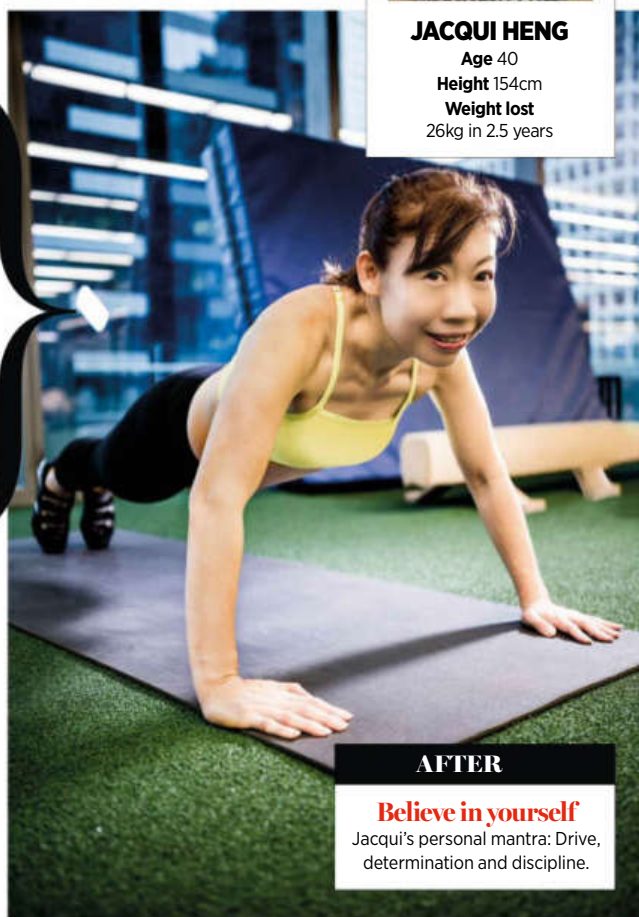


### **JACQUI HENG**

Age 40

Height 154cm

Weight lost  
26kg in 2.5 years



## **AFTER**

### **Believe in yourself**

Jacqui's personal mantra: Drive, determination and discipline.

## **WRITE TO US AND WIN AN ATTRACTIVE GIFT!**

### **JACQUI RECEIVES A FULL SET OF ADIDAS STELLASPORT GEAR WORTH \$329.**

Designed for the active girl, and launched in January, Adidas Stellasport, which comes under the creative direction of Stella McCartney, redefines sportswear by combining sporting style with bold branding, explosive colours and fresh prints.

This new range comprises apparel, footwear and accessories that not only have sports performance technologies, but can go from the gym to the city streets.

E-mail [magshape@sph.com.sg](mailto:magshape@sph.com.sg) with your weight-loss success story and photographs now. Please include your name, age and daytime contact details.





# *Eat Right*

**FUEL YOUR BODY!**



## **Go nuts**

Almonds and walnuts get all the love, but humble peanuts are just as good for your heart, a study at Vanderbilt University in the US found. **They're full of healthy fat, fibre, vitamins and polyphenols, which keep inflammation at bay and your blood vessels flexible,** lowering your risk of heart disease, says study author Xiao-Ou Shu. Goes without saying, but stick with the natural kind, rather than sugary or salty types.



# THE BEST FLICK PICK

*If you like to snack at the movies (and honestly, who doesn't?) and are trying to lose a few kilos, choose your next ticket wisely. In a series of studies done at Cornell University in the US, people ate significantly less when they watched a funny film as opposed to a tear-jerker, and when they saw a slow-paced drama instead of an action flick. Researchers believe that a sad movie can lead to emotional eating because it's upsetting, while a suspenseful film can cause stress gorging – you eat more when you're on the edge of your seat. A comedy, on the other hand, is fun and relaxing, so you're less focused on the food.*

## SHAPE RAVE

### CONSCIOUS DINING



It's not often that you get to see the origins of your food as you dig in, but at Open Farm Community (130E Minden Road, tel: 6471-0306), you will. Tucked in a corner of Dempsey Hill, this 120-seater serves modern cuisine featuring herbs, spices and vegetables harvested from the surrounding farm. Other ingredients, like meat, are procured from sustainable sources. Must-orders: **Chilled Avocado & Ginger Soup with Poached Yabbies & Fresh Radish** (\$20) will whet appetites with its piquant Thai-style broth made from galangal, lime leaves, coriander, avocado puree and coconut milk. **Coal Baked Barramundi with Cucumber Coleslaw, Roasted Eggplant & a Fresh Mint Dressing** (\$26) is one of many mains that won't disappoint you. While you're there, take time to explore the farm or give lawn bowling a go.



## WATER YOU'LL KEEP DRINKING

There's no denying that flavoured H<sub>2</sub>O is more fun to drink. Try the **Citrus Zinger Sport Fruit Infusion Bottle** (\$37.90, Shinnpark) that adds zing with minimal calories. It comes with a citrus press that lets you mix juice into water while filtering out the pulp and seeds. Simply twist some lemon, orange or lime into the press, fill the bottle with water, and cheers!



## SOUND BITE

"Every food choice we make moves us closer to, or farther away from, our weight-loss goals."

FELICITY LUCKEY, AMERICAN POET AND AUTHOR

## FRUIT PARADISE

THIS MID-AUTUMN FESTIVAL, WE ARE OVER THE MOON WITH THESE REFRESHING SNOWSKIN YUMMIES.



**Assorted Mini Snow Skin Selection** (\$32 for four flavours, Crystal Jade) There's Salted caramel, Natural sea salt with dark chocolate, Fresh strawberry with cranberry and Citrusy yuzu with lemon. The last is our favourite for its light flavour and non-cloying aftertaste.



**Sour Plum with Portuguese Custard Paste and Lime Puree** (\$60 for eight, Marriott Singapore Tang Plaza) The tart custard-lime paste and plum bits will awaken your taste buds.



**Regent Blend Tea with Lemon Paste** (\$60 for eight, Regent Singapore) Infused with darjeeling and jasmine teas as well as lemon, the lotus seed filling is both tangy and aromatic.

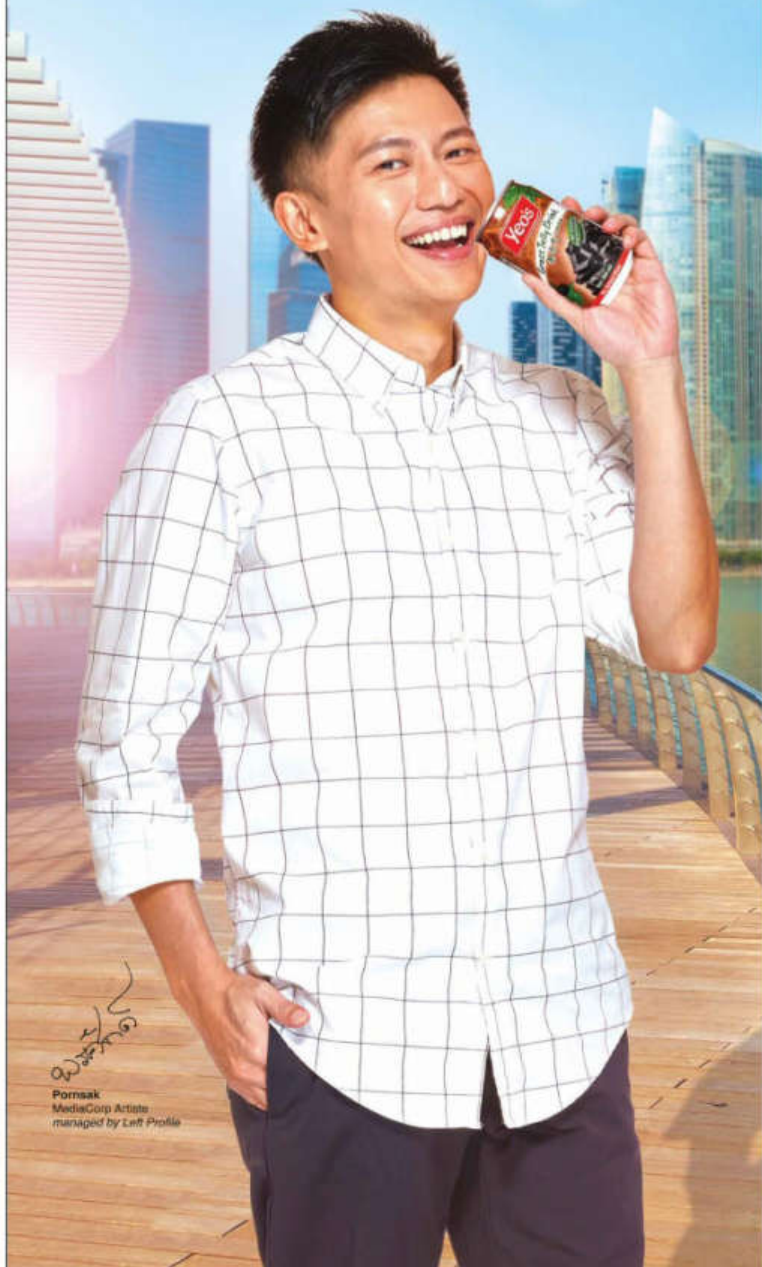


**Yuzu Paste with Korean Rice Wine** (\$64 for eight, Park Hotel Group) The lotus seed paste incorporates flavours of yuzu and Korean rice wine, making this delicately sweet and uplifting.



**Mango Paste and Macadamia Nuts** (\$63 for eight, Four Seasons) Get a nice crunch of chopped nuts while savouring the zesty mango-flavoured lotus seed paste.

# THE NATURAL CHOICE TO BEAT THE HEAT



Pornsak  
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# The kitchen tool you should be using

## CLEANING TIP

If yours cannot be taken apart, a toothbrush can remove food bits caught in the hinge.

Kitchen shears make healthy cooking a breeze. They make cutting and clipping all those veggies and herbs, plus trimming lean meats, easier and faster, says US celebrity chef Judy Joo. Here are eight ways to work the blades.

### 1 CHOP CHILLIES

To keep your hands burn-free, grip each by the stem as you snip away at sections.

### 2 PREP GREENS

Make bell peppers and other raw veggies salad-ready by cutting them into bite-sized pieces.

### 3 SNIP SCALLIONS AND OTHER HERBS

Avoid dirtying a cutting board. Hold a bunch over a bowl and snip them to the size you need.

### 4 TRIM POULTRY SKIN

Put the tip of one end under the skin and start cutting, pulling back the skin with your free hand as you work.

### 5 BREAK DOWN BROCCOLI

Snip florets from the stem more easily than if you tried to just knife them off.

### 6 SLICE PIZZA

A pizza cutter serves only one purpose. Save your money and use shears to divide the pie into slices.

### 7 CUT BACON

Raw bacon is slimy and hard to trim. Shears snip it into thin strips faster than you can say crispy bacon.

### 8 DICE CANNED TOMATOES

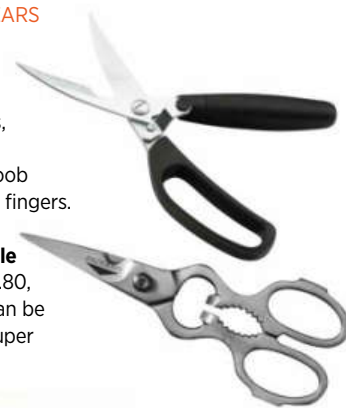
Scissors let you cut through whole tomatoes without having to take them out of the can.

## NIFTY SNIPS

THESE MULTIPURPOSE SHEARS CAN CUT ANYTHING FROM POULTRY TO VEGGIES.

● With large, grippy handles, **Lacor Poultry Shears 24cm** (\$28, Tott) are perfect for noob cooks or anyone with butter fingers.

● The sleek **Paderno Divisible Kitchen Scissors 20cm** (\$77.80, [www.pantrypursuits.com](http://www.pantrypursuits.com)) can be taken apart, making them super easy to clean.





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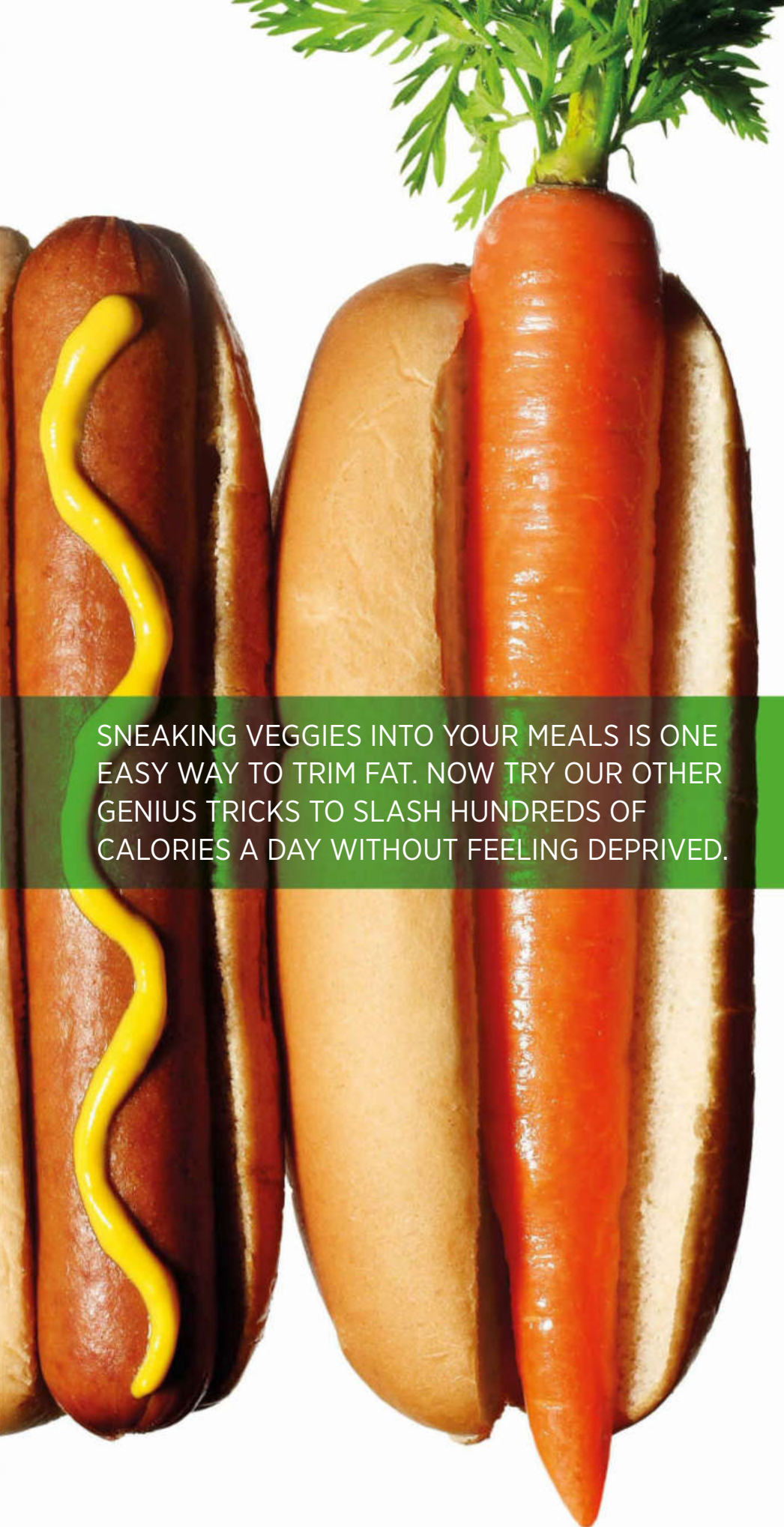


A close-up photograph of three hot dogs in buns, arranged horizontally. Each hot dog is topped with a wavy line of yellow mustard. The buns are light brown and the hot dogs are a darker brown. A green horizontal band is overlaid across the middle of the image, containing the title text.

# Be a smarter chef

BY SHARON LIAO PHOTOGRAPHY BY SAM KAPLAN





SNEAKING VEGGIES INTO YOUR MEALS IS ONE EASY WAY TO TRIM FAT. NOW TRY OUR OTHER GENIUS TRICKS TO SLASH HUNDREDS OF CALORIES A DAY WITHOUT FEELING DEPRIVED.

Maybe it was a *Masterchef* marathon or the realisation that you could probably buy a new wardrobe with the money you were spending on dining out. Whatever the reason, you've started studying cookbooks. But even though you're spending more time in the kitchen whipping up healthy meals, your pants aren't getting any looser. What gives? Chances are, you're making some very common mistakes. Before you throw in the dish towel, read on for the super simple fixes that can help you get leaner. ►

## **FAT TRAP 1** **OVERCOOKING PASTA**

Take that pot off the stove a little earlier and your spaghetti will have a satisfying bite and keep you full for hours. "Hot water breaks down the bonds between starch molecules," says Johanna Burani, a US-based registered dietitian and author of *Good Carbs, Bad Carbs: Lose Weight and Enjoy Optimum Health and Vitality by Eating the Right Carbs*.

The longer you boil pasta, the quicker your body converts the carbs into fuel. This sets off a rapid rise in blood sugar followed by a hunger-inducing plunge. Al dente noodles take longer to digest, delivering a steady stream of energy.

**The fix** Go with the shortest time in the recommended range on the back of the box, then bite into a slightly cooled strand. "There should be a tiny white circle of raw pasta in the centre," Johanna says. The residual heat will continue to cook it, so it'll be perfectly al dente by serving time.

## **FAT TRAP 2** **ADDING CHILLI SAUCE TO EVERYTHING**

Sure, it gives your burger, rice and noodles a low-cal kick. But just a teaspoon of certain brands uses up nearly 10 per cent of your daily sodium allotment, and too much of the mineral can take a toll on your waistline.

According to a study from the University of California in the US, people who ate a high-sodium diet gained more weight – about half a kilo over a five-day

period – than those who consumed low-sodium versions of the same high-calorie meals. The researchers believe excess sodium increases your body's production of insulin, a hormone that turns sugar into fat.

**The fix** "Fresh peppers, red pepper flakes and cayenne pepper add heat without any sodium," says Diane Henderiks, an American registered dietitian and founder of [www.dishwithdiane.com](http://www.dishwithdiane.com).

Miss the sauce? Try Tabasco with a mere 35mg of sodium per teaspoon, which is just two per cent of the 2,000mg most of us shouldn't exceed in a day.

## **FAT TRAP 3** **BAKING WITH GLUTEN-FREE FLOUR**

Whether it's because you have coeliac disease (where the small intestine is hypersensitive to gluten, leading to difficulty in digesting food), are gluten-intolerant or just want to experiment with non-wheat options, you've decided to pick up one of the new wheat-free flours or baking mixes.

Unfortunately, being gluten-free doesn't mean they're good for you. "Many of these flours and blends are made from white rice or potatoes, so they may contain a minimal amount of filling fibre," Johanna says, but just as many calories and carbs as the regular stuff.

**The fix** At the supermarket, scout out options made from brown rice, quinoa or other whole grains, and make sure a serving provides at least 2g of fibre.

## **FAT TRAP 4** **PICKING POULTRY INSTEAD OF BEEF**

Although turkey breast is about as lean as it gets, ground turkey often contains dark meat and skin, which edge up the calorie count. A 110g serving of ground turkey packs 204 calories and 14g of fat while the same amount of lean ground beef has just 155 calories and 6g of fat.

**The fix** Whether you're buying beef or turkey, look for labels that say the meat is at least 90 per cent lean, suggests Diane.

Or ask the butcher to grind up turkey breast or sirloin steak. Saute either in heart-healthy olive or canola oil (about one tablespoon per 450g) to keep the meat moist for fewer than 30 extra calories a serving.

## **FAT TRAP 5** **COATING THE PAN WITH NON-STICK COOKING SPRAY**

This supposedly healthy staple may not be as low in calories as you think. "Many people spray it on for about six seconds," says Bonnie Liebman, director of nutrition for the Center for Science in the Public Interest in the US. That's 36 calories and 4g of fat.

While that doesn't sound like much, it adds up. If you coat your pan before sauteing spinach, for example, and then again before folding in the eggs, you tack 70-plus calories onto that scramble.

**The fix** To cut down on the amount of spray you need, use non-stick pans for cooking and a silicone mat or parchment paper for baking whenever possible.





Or forgo the spray altogether. “You can substitute chicken broth when sauteing vegetables,” says Christine Gerbstadt, a registered dietitian and spokesperson for the Academy of Nutrition and Dietetics in the US. Just heat a few tablespoons in a pan and stir in the veggies, adding more liquid as needed until they’re cooked through.

#### **FAT TRAP 6**

##### **SKIPPING A STEP WHEN YOU MAKE MEAT SAUCE**

Ground beef is one of the easiest ways to add protein to your pasta dinner. All you have to do is saute, season and serve. But if you’re not blotting the meat after it’s cooked, you’re missing out on a quick way to slash 4g of fat per 85g serving, according to scientists from Iowa State University in the US.

“This removes excess fat without altering the flavour,” says Julie Garden-Robinson, a registered dietitian as well as food and nutrition specialist at the North Dakota State University Extension Service in the US.

**The fix** Drain cooked crumbles on a paper towel-lined plate for one minute, then pat the top with more paper towels. Or go a step further and rinse the beef. Doing so will remove more than half the fat, according to a study in the *Journal of the American Dietetic Association*.

Just put the cooked meat in a strainer over a large bowl and pour hot water – about four cups per 450g –

over the top before mixing the beef into your marinara.

#### **FAT TRAP 7**

##### **DICING VEGETABLES INTO TINY PIECES**

Hooray! You’ve been making oven-baked shoestrings instead of the fried kind. But according to a Dutch study, switching to steak fries – large, thick flat or wedge-shaped French fries – could help you cut even more calories.

“The more pieces you cut something into, the more surface area there is for oil to cling to, which equals extra calories and fat,” says Amy Miller, a registered dietitian and director of culinary nutrition at the Culinary Institute of America.

**The fix** To ease up on the grease, cut potatoes and veggies at least 1cm thick, then pat them dry. Research suggests this helps create a crust that blocks oil from being absorbed by food.

Cut calories even further when roasting or baking by using an oil mister to lightly coat the pieces instead of drizzling from the bottle.

***Wash your veggies thoroughly.  
Pesticide residue on produce can keep  
your calorie-burning machine from  
performing at its peak.***

#### **FAT TRAP 8**

##### **GIVING PRODUCE A QUICK RINSE**

Fresh fruits and vegetables are a dieter’s dream, but the pesticide residue on them can keep your calorie-burning machine from performing at its peak. In an *International Journal of Obesity* study, dieters with the highest level of pollutants in their bodies had markers of slower metabolism than those with the lowest levels.

“Pesticides may affect your thyroid’s ability to function,” explains lead author Angelo Tremblay, a professor of kinesiology at Laval University in Canada. And there’s evidence that they also harm the functioning of mitochondria, the parts of a cell that convert fuel into energy.

**The fix** Researchers say you need to scrub fresh produce for at least 30 seconds to remove the residue.

You can also minimise your exposure by purchasing organic produce, especially the kind with edible peel, as well as organic beef and dairy products. Regular cattle feed can contain high concentrations of pesticides. ►



## ***Keep the skin on when roasting chicken. It locks in moisture, so you get a tender, more flavourful bird for not a lot of extra calories.***

### **FAT TRAP 9**

#### **SIPPING WINE AS YOU PREP**

When you're adding wine to your risotto, it's tempting to pour yourself a glass. But this aperitif can pack on the kilos in more ways than one. According to a study in the *American Journal of Clinical Nutrition*, sipping the equivalent of two drinks on an empty stomach slows your flab-burning capacity by as much as 73 per cent for up to six hours.

"Instead of converting fat into fuel, your body uses alcohol for energy," explains study author Dr Marc Hellerstein, a professor of endocrinology, metabolism and nutrition at the University of California in the US. Alcohol not only messes with your metabolism, but also loosens your inhibitions and can encourage you to eat more.

**The fix** Wait until you're seated with your meal before you start imbibing. Food slows the absorption of alcohol, which can offset its diet-damaging effects.

### **FAT TRAP 10**

#### **SERVING VEGGIES ON THE SIDE**

There's nothing wrong with setting

out a dish of steamed broccoli or roasted asparagus, but sneaking them into your main course can boost their benefits.

Researchers from Pennsylvania State University in the US found that people who ate meals that incorporated vegetables – think chicken casserole with squash and carrots – consumed 350 fewer calories a day than those who had veggies only as a side dish.

The likely explanation: Produce bulks up main dishes and adds filling fibre, so you feel satisfied and take in fewer calories.

**The fix** "Experiment with mild-tasting vegetables that aren't overpowering," advises Jessica Shapiro, a registered dietitian at the Montefiore Medical Center in the US. She suggests adding cauliflower puree to macaroni and cheese, diced zucchini to lasagna, and shredded carrots to chicken salad.

### **FAT TRAP 11**

#### **HOLDING ALL THE FAT**

Banishing high-cal ingredients, like cheese and nuts, seems smart. "But fat takes longer to digest than protein and carbs, so it keeps you full longer," says Christine. "It also adds flavour, which ups satisfaction."

And the benefits extend even further. A study in the journal *Health Psychology* showed that people produced less of the appetite-stimulating hormone ghrelin after drinking a shake labelled "indulgent" rather than an identical one described as "sensible".

**The fix** Sprinkle nuts or seeds over your salad or spread pesto on a sandwich. Besides whittling your waistline, you'll also increase your nutrient intake. Scientists from Purdue University in the US found that just 3g of monounsaturated fat – the amount in less than a teaspoon of olive oil – helped the body absorb more cancer-fighting lycopene, lutein and beta-carotene.

### **FAT TRAP 12**

#### **REMOVING CHICKEN SKIN**

Each piece of skin contains 69 calories and 6g of fat, so it makes sense to separate it from the breast before popping it in the oven, right? Not really. The skin locks in moisture, so you get a tender, more flavourful chicken for not a lot of extra calories, explains Amy.


**The fix** Don't remove the skin until right before serving, and the chicken won't need as much calorie-rich sauce, salad dressing or mayo. The exception: If you're making soup or a casserole, the fat from the skin will drain into the dish, Amy warns, so peel it off beforehand. 

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# CLEAN START

Forget cleanses and detoxes. These delicious dishes will leave you feeling just as energised and virtuous – but way more satisfied.

RECIPES BY KHALIL HYMORE  
PHOTOGRAPHY PETER ARDITO

## Spring Vegetable Farrotto

**SERVES: 6**

**PREP TIME: 40 MINUTES**

**TOTAL TIME: 40 MINUTES**

- > 4 cups low-sodium chicken broth
- > 2 cups water
- > 1 tbsp extra virgin olive oil
- > 1 medium yellow onion, chopped
- > ½ red bell pepper, seeded and chopped
- > 1½ cups pearled farro, rinsed
- > ½ tsp kosher salt
- > ½ tsp black pepper
- > 1 cup dry white wine
- > 450g asparagus, cut into 2.5cm pieces
- > 1 cup frozen peas, thawed
- > 55g parmesan, grated (about ½ cup)
- > ½ cup chopped parsley
- > 2 tsp lemon zest

**1.** In medium saucepan, bring broth and water to boil over high heat. Cover and remove from heat.

**2.** In medium pot, heat oil over medium heat. Add onion and pepper, and cook for six to eight minutes, stirring occasionally, or until softened. Stir in farro, salt and pepper, and cook for one minute. Add wine and continue cooking for about three minutes, stirring constantly, or until liquid is absorbed.

**3.** Add two ladlefuls broth mixture to pot and cook, stirring constantly, until liquid is absorbed. Continue process with remaining broth mixture for about 20 minutes or until farro is tender. Stir in asparagus and continue cooking for about five minutes or until spears are crisp-tender and mixture is creamy. Remove from heat and stir in peas, parmesan, parsley and lemon zest.

**\* Nutrition score per serving**  
337 calories, 7g fat (2.7g saturated), 44g carbs, 17g protein, 6g fibre, 478mg sodium



## Kale, Grapefruit and Hazelnut Salad with Tofu Croutons

**SERVES: 4**

**PREP TIME: 20 MINUTES**

**TOTAL TIME: 40 MINUTES**

- > 1 Ruby Red grapefruit
- > ½ small red onion, thinly sliced
- > non-stick cooking spray
- > 400g block extra-firm tofu
- > 1 bunch kale (about 220g), centre stems and ribs removed, thinly sliced
- > ¼ cup hazelnuts, roughly chopped
- > 2 tbsp extra virgin olive oil
- > ½ tsp kosher salt
- > ½ tsp black pepper
- > 28g pecorino romano, shaved (about ¼ cup)

**1.** Preheat oven to 205 deg C. Remove grapefruit peel and pith. Working over small bowl to collect juice, carve out segments from between membranes and set aside. Toss onion with two tablespoons grapefruit juice and set aside to soften.

**2.** Lightly coat rimmed baking sheet with cooking spray. Pat tofu dry with paper towels, then slice into 1cm cubes and pat dry with more paper towels. Arrange in single layer on baking sheet and lightly coat with cooking spray. Bake for 12 to 15 minutes or until golden and crisp. Transfer to paper towel-lined plate and cool.

**3.** In large bowl, gently toss together tofu, grapefruit juice and segments, onion mixture, kale, hazelnuts, oil, salt and pepper until well combined. Top with cheese.

**\* Nutrition score per serving**

288 calories, 19g fat (3.2g saturated), 15g carbs, 15g protein, 4g fibre, 346mg sodium







## Pistachio-Crusted Salmon with Spring Onions

**SERVES: 4**

**PREP TIME: 10 MINUTES**

**TOTAL TIME: 25 MINUTES**

- > non-stick cooking spray
- > ½ cup unsalted shelled pistachios, finely chopped
- > 4 tsp Dijon mustard
- > 2 tsp orange zest
- > 1 tbsp orange juice
- > ¼ tsp kosher salt
- > ½ tsp black pepper
- > 4 salmon fillets (170g each, skin on)
- > 2 bunches spring onions or scallions, trimmed
- > 2 tsp extra virgin olive oil
- > orange wedges (optional)

**1.** Preheat oven to 190 deg C. Lightly coat rimmed baking sheet with cooking spray. Place pistachios in shallow dish.

**2.** In small bowl, stir together mustard, orange zest, orange juice, salt and pepper. Brush mixture onto flesh side of salmon and press salmon into pistachios. Place salmon, skin side down, on baking sheet and bake for about 10 minutes or until cooked through. Transfer to plate.

**3.** Preheat broiler to high. Place onions on clean rimmed baking sheet and drizzle with oil. Broil for two to four minutes or until brown and beginning to wilt. Serve salmon with onions and orange wedges (optional).

✱ **Nutrition score per serving**  
370 calories, 20g fat (2.9g saturated), 9g carbs, 38g protein, 3g fibre, 323mg sodium





## Bean and Cheese Tortillas

**SERVES: 4**

**PREP TIME: 10 MINUTES**

**TOTAL TIME: 25 MINUTES**

- > 8 small (15cm) wholewheat flour tortillas
- > non-stick cooking spray
- > 2 cans cannellini beans (400g each, drained and rinsed)
- > 1 medium white onion, cut into 0.5cm pieces
- > 2 medium zucchinis, cut into 1cm pieces
- > 2 jalapeños, seeded and cut into 0.5cm pieces
- > ½ tsp black pepper
- > 8 tbsp water
- > 4 radishes, thinly sliced
- > ½ cup packed cilantro leaves
- > 40g feta, crumbled (about ¼ cup)
- > lime wedges (optional)

**1.** Preheat oven to 205 deg C. Lay tortillas on two rimmed baking sheets and toast in oven for about five minutes or until crisp. Remove from baking sheets.

**2.** Lightly coat baking sheets with cooking spray. Spread beans and onion on one, and zucchini and jalapeños on the other. Lightly coat vegetables with cooking spray, season with pepper and roast for 12 to 15 minutes or until golden.

**3.** Transfer half the beans and onion to bowl with water and mash beans with back of fork until smooth. Add more water to reach desired consistency if necessary. Spread onto tortillas.

**4.** Toss remaining beans and onion with zucchini and jalapeños, divide among tortillas and then top with radish slices, cilantro and cheese. Serve with lime wedges (optional).

**\* Nutrition score per serving**

346 calories, 8g fat (2.1g saturated), 59g carbs, 23g protein, 28g fibre, 782mg sodium



## Mediterranean Barley Salad with Chicken and Roasted Eggplant

**SERVES: 6**

**PREP TIME: 20 MINUTES**

**TOTAL TIME: 1 HOUR 15 MINUTES**

- > 1 cup pearl barley
- > 2 boneless, skinless chicken breasts (220g each)
- > non-stick cooking spray
- > 1 small eggplant, cut into 4cm pieces
- > 2 cups cherry or grape tomatoes, halved
- > 1 cup packed mint leaves
- > 110g feta, crumbled (about one cup)
- > ½ small red onion, finely chopped
- > 2 tbsp extra virgin olive oil
- > 2 tsp lemon zest
- > 2 tbsp freshly squeezed lemon juice
- > ½ tsp kosher salt
- > ½ tsp black pepper

**1.** Cook barley according to package directions. Cool completely.

**2.** Meanwhile, preheat oven to 205 deg C. Place chicken in large, straight-sided skillet or pot and cover with 1cm water. Bring to boil over high heat. Cover, reduce heat to medium low and cook for five minutes. Remove from heat and stand (covered) for 12 to 14 minutes or until internal temperature reaches 160 deg C. Remove chicken from water, cool and shred.

**3.** Lightly coat rimmed baking sheet with cooking spray and arrange eggplant in even layer. Lightly coat with cooking spray and roast for about 12 minutes or until golden brown. Remove from baking sheet and let cool.

**4.** In large bowl, toss together chicken, eggplant, barley, tomatoes, mint, feta, onion, oil, lemon zest, lemon juice, salt and pepper.

**\* Nutrition score per serving**

338 calories, 11g fat (4g saturated), 38g carbs, 23g protein, 8g fibre, 475mg sodium







## Curried Cauliflower and Chicken Meatballs

**SERVES: 4**

**PREP TIME: 15 MINUTES**

**TOTAL TIME: 30 MINUTES**

- > 450g ground chicken
- > 2 scallions, finely chopped
- >  $\frac{3}{4}$  tsp kosher salt
- > 2 tsp vegetable oil
- > 1 tbsp minced peeled ginger
- > 1 tsp ground coriander
- >  $\frac{1}{2}$  tsp ground turmeric
- > 4 cups low-sodium chicken broth
- > 1 Thai chilli or  $\frac{1}{2}$  jalapeno, seeded and minced
- > 2 bay leaves
- >  $\frac{1}{2}$  head cauliflower, cored and cut into florets (about 2 $\frac{1}{2}$  cups)
- > cilantro leaves (optional)
- > 2 pieces wholewheat flatbread

**1.** In medium bowl, combine chicken, scallions and half teaspoon salt. Form chicken into 12 meatballs.

**2.** In large wok or straight-sided skillet, heat oil over medium-high heat. Add ginger, coriander and turmeric, and cook, stirring constantly, for about one minute or until fragrant. Add broth, chilli, bay leaves and remaining salt. Bring to boil, then reduce heat to low. Add cauliflower and meatballs, and simmer for 10 to 12 minutes or until cauliflower is crisp-tender and meatballs are cooked through. Divide among four bowls and top with cilantro leaves (optional). Serve with flatbread torn into wedges.

**\* Nutrition score per serving**

345 calories, 14.5g fat (3.3g saturated), 28g carbs, 31g protein, 7g fibre, 720mg sodium **B**



**Think beyond greens and dressing. Any vegetable can find its place in a salad, says Gregory. You can use raw veggies or, depending on the texture and flavour you need to balance your dish, you can marinate (as he does here), blanch, pickle, saute, or roast them first.**







# SALADS YOU CAN'T STOP EATING

*A hit of savoury, sweet, salty and spicy, plus some good crunch and an element of creaminess, turns a nice healthy salad into a dish you dream about. The recipes on these pages – fresh, creative combos from star chefs – strike all those notes, and then some.*

## Spicy Carrot, Cucumber and Avocado Salad With Salmon

From executive chef Gregory Gourdet of *Departure*, a Pan-Asian restaurant in the US

**SERVES: 4**

**COOK TIME: 21 MINUTES**

**TOTAL TIME: 2 HOURS 30 MINUTES  
(INCLUDING 2 HOURS MARINATING)**

- > 10 pickling cucumbers, thinly sliced
- > 3 large shallots, thinly sliced
- > 5 Thai chillis, thinly sliced
- > 1 medium knob ginger (about 55g), julienned
- > 3 cups rice wine vinegar
- > 1 cup sugar, agave or honey
- > 2 tbsp salt, plus more for seasoning
- > ½ sourdough baguette, cut into 1cm cubes
- > 1 tbsp olive oil, plus more for seasoning
- > 4 110g skinless salmon fillets
- > Cayenne pepper
- > 900g baby carrots, trimmed, peeled, halved and blanched
- > 1 ripe avocado, diced
- > 1 bunch cilantro, stems removed
- > 1 tbsp black sesame seeds, toasted

**1.** In medium bowl, combine cucumbers, shallots, chillis, ginger, vinegar, sugar and two tablespoons salt. Mix well until sugar is dissolved. Transfer to smaller container and let sit for at least two hours or overnight.

**2.** Preheat oven to 175 deg C. On baking sheet, toss bread cubes with one teaspoon oil and season with salt to taste. Bake for 10 minutes or until golden and crisp. Leave oven on for salmon.

**3.** Meanwhile, season both sides of salmon fillets with salt and cayenne. In large ovenproof pan over medium heat, add remaining two teaspoons oil. When oil is hot, add salmon and cook for about four minutes or until golden on one side. Flip and transfer pan to oven for seven minutes or until fillets are tender and light pink inside.

**4.** Drain cucumber salad, reserving liquid. To large bowl, add carrots, cucumber salad and dash of reserved liquid, avocado, croutons, salt to taste, cilantro and a drizzle of oil. Toss to combine. Divide salad among four plates and top each with a salmon fillet. Sprinkle with sesame seeds.

### ✱ **Nutrition score per serving**

628 calories, 24g fat (3.6g saturated), 77g carbs, 34g protein, 14g fibre, 1,014mg sodium

## Green Papaya Salad with Grilled Chicken

*From chef Hong Thaimmee of Thai restaurant Ngam in the US*

**SERVES: 4**

**COOK TIME: 17 MINUTES**

**TOTAL TIME: 1 HOUR 10 MINUTES**

- > 1 bunch cilantro
- > ½ cup garlic cloves, plus 3 more cloves
- > 1 tsp white peppercorns
- > ½ cup palm sugar
- > ½ cup oyster sauce
- > 1 stalk lemongrass
- > 1 tbsp turmeric powder
- > 910g boneless chicken breasts or thighs
- > ¼ cup tamarind concentrate
- > Thai chilli
- > 4 cups shredded fresh green papaya
- > ½ cup quartered cherry tomatoes
- > ½ cup long beans, cut into 5cm pieces
- > 1 cup shredded carrots
- > 1 wedge lime
- > 2 tbsp roasted peanuts

**1.** To blender, add cilantro, half cup garlic cloves, peppercorns, quarter cup palm sugar, oyster sauce, lemongrass and turmeric powder. Process until thoroughly combined. Place chicken in shallow dish, cover with marinade and refrigerate for at least 45 minutes or up to two hours. Grill or saute over medium-high heat for about 10 minutes or until cooked through.

**2.** In small pot over medium-high heat, bring remaining quarter cup palm sugar and tamarind concentrate to boil. Cook for about five minutes or until mixture thickens to consistency of a glaze. Set aside to cool.

**3.** In large bowl, gently smash remaining three garlic cloves and chilli with back of spoon until they release oil. Be careful not to completely crush them.

**4.** Add papaya and continue to smash ingredients for about one minute. Repeat process with cherry tomatoes and green beans. Add carrots and dressing, squeeze lime wedge over salad, and mix well to combine. Slice chicken into 4cm-long strips. Divide salad among four plates and top each with peanuts and grilled chicken.

### \* **Nutrition score per serving**

466 calories, 9g fat (1.8g saturated), 42g carbs, 54g protein, 4.6g fibre, 466mg sodium

**“Each bite delivers freshness from the tomatoes, crunch from the nuts and papaya, acid from the tamarind and lime, and sweetness from the palm sugar. Every salad should have something acidic, something sweet, and something salty,” says Thaimmee.**







**"A puree gives your salad body and acts as a second dressing," Zack says. Starchy ingredients like carrots, sweet potatoes and beans make the best purees.**

## Chopped Salad Amigliorata

*From chef Zach Pollack of  
Alimento Italian restaurant  
in the US*

**SERVES: 6**

**COOK TIME: 1 HOUR**

**TOTAL: 1 HOUR 10 MINUTES**

- > ½ cup olive oil
- > 2¼ cups canned chickpeas
- > salt
- > 1½ cups plus 4 tsp extra virgin olive oil
- > ½ yellow onion, sliced into 0.3cm-thick rings
- > 3 garlic cloves, crushed, plus 1 whole clove
- > 2 tsp chopped rosemary
- > 130ml fresh lemon juice
- > ½ tsp cayenne pepper
- > 90ml white wine vinegar
- > 1 six-minute egg, cooled
- > 1 tsp Dijon mustard
- > 25 anchovies
- > 1½ tsp sugar
- > 1 cup canola oil
- > 4 tsp dried oregano
- > black pepper
- > 3 heads Little Gem lettuce, sliced crosswise into thin strips

- > 1 head radicchio, core removed, sliced crosswise into thin strips
- > 1 bunch kale, stems removed, sliced crosswise into thin strips
- > ½ cup sliced pepperoncini
- > ½ cup spicy salami, cut into 2.5cm matchsticks
- > 1 cup cherry tomatoes, halved
- > ½ cup sundried tomatoes, julienned

**1.** To heavy-bottomed pot over medium-high heat, add half cup olive oil. When hot, add one cup chickpeas. Fry for 15 to 20 minutes, stirring carefully, until golden and crispy. Using slotted spoon, transfer chickpeas to paper towels to drain. Place in medium bowl and toss with salt to taste.

**2.** In pot over medium heat, add four teaspoons extra virgin olive oil. When hot, add onion, crushed garlic and rosemary, and cook, stirring occasionally for 10 minutes. Add remaining one and quarter cups chickpeas, and just enough water to cover. Lower heat and cook for 30 minutes until chickpeas are very soft and starting to break down. Transfer mixture to blender, and add 45ml lemon juice, one-third cup extra virgin olive oil and

cayenne. Blend, starting on low and raising speed to high, until smooth. Add water if necessary. Season to taste with salt and let cool.

**3.** In blender, mix white wine vinegar, remaining 85ml lemon juice, egg, mustard, remaining garlic clove, 10 anchovies and sugar. With blender running, slowly pour in canola and remaining one cup extra virgin olive oil. Add three teaspoons oregano and blend until incorporated. Season to taste with salt and pepper.

**4.** Spoon chickpea puree into six shallow salad bowls and spread to cover bottom of each. Set aside. In large bowl, combine lettuce, radicchio, kale, remaining 15 anchovies, pepperoncini, salami, cherry tomatoes, remaining teaspoon oregano, and salt to taste. Add three-quarter cup of dressing (save the rest in fridge for up to a week) and toss. Divide between bowls and top each with fried chickpeas.

### **\* Nutrition score per serving**

614 calories, 51g fat (8.1g saturated), 26g carbs, 16g protein, 7g fibre, 1,278mg sodium





## Horta Salata

*From chef Michael Costa of Zaytinya in the US, which serves Mediterranean-inspired dishes*

**SERVES: 4**

**COOK TIME: 10 MINUTES**

**TOTAL TIME: 25 MINUTES**

- > ½ cup dried yellow split peas
- > 2 tbsp minced onion
- > 1 garlic clove, minced
- > ⅛ tsp saffron
- > ⅛ tsp cayenne pepper, plus more for seasoning
- > Salt
- > 7 tbsp fresh lemon juice, plus more for seasoning, and zest of ¼ lemon
- > ½ cup plus 2 tbsp olive oil, and more for seasoning
- > 1 tbsp honey or agave
- > Freshly ground black pepper
- > 1 bunch kale, stemmed, blanched, and soaked in iced water
- > 3 dill sprigs, stems removed
- > 2 tbsp thinly sliced red onion
- > 2 tbsp roasted and salted pistachios
- > 6 smoked and pitted Kalamata olives or pitted Kalamata olives, tossed with Spanish paprika

**1.** To small bowl, add split peas. Cover with cold water and soak for five minutes. Drain and add to small pot with two cups water. Bring to simmer, skimming froth from surface. Add onion, garlic, saffron, cayenne and pinch of salt. Cook for about 10 minutes or until soft, adding more water if necessary. Drain and reserve cooking liquid.

**2.** To food processor, add cooked peas and blend while drizzling in three tablespoons lemon juice, two tablespoons olive oil as well as cooking liquid as needed until smooth and thick. If desired, season with additional salt, olive oil, cayenne and/or lemon juice.

**3.** In small bowl, whisk together honey, remaining four tablespoons lemon juice, pinch of salt and twist of pepper. Continue whisking while drizzling in remaining half cup olive oil. Season with salt and pepper to taste.

**4.** Spread split pea puree on bottom of bowl. Toss kale, dill and onion together with dressing and place on top of puree. Garnish with pistachios, smoked olives and lemon zest.

**\* Nutrition score per serving**

473 calories, 37g fat (5.1g saturated), 30g carbs, 10g protein, 9g fibre, 244mg sodium

**Olives, kale and pureed peas make this vegan salad substantial. The texture and smoky flavour of the olives give it a meaty character, and the yellow pea puree is packed with protein. Plus, the kale takes a while to chew, which helps you feel more satisfied, Michael explains.**





# Look Great

BE AT YOUR MOST GORGEOUS!



## 5:2 skin diet

You've heard of the food plan that has you eat normally five days a week, then restrict calories for the remaining two. This concept is now being applied to your beauty routine. **"It's a good idea to go makeup-free two days a week to let your skin detox from pollutants, and have a chance to repair itself,"** says Indie Lee, founder of the eponymous all-natural skincare line. And while you're at it, skip exfoliants like scrubs, peels, and retinoids. Just wash and apply moisturiser. **"You'll notice a healthier glow immediately and the deceleration of ageing long-term,"** Indie says.



# BRIGHT-EYED

Thinner and more delicate than other parts of your face, the skin around your eyes needs more TLC. One of these multifunctional products should hydrate and keep premature ageing signs at bay.

## Shiseido Ultimune Eye Power Infusing Eye Concentrate (\$98, Tangs)

This nourishing serum has antioxidant properties to help skin resist the effects of external aggressors like UV damage and pollution.



## Kiehl's Dermatologist Solutions Powerful Strength Line-Reducing Eye-Brightening Concentrate (\$75)

Boasting concentrated vitamin C, it promises to soften fine lines to give your eyes a more youthful, wide-awake look.



## L'Oreal Paris Revitalift Magic Blur Eye (\$39.90, leading pharmacies)

This has light-diffusing polymers to reduce the appearance of eye bags and dark circles, as well as caffeine to combat water retention and puffiness.



## Clinique Smart Custom-Repair Eye Treatment (\$79, Tangs)

Packed with a blend of botanical extracts to soothe, plump and hydrate, this hardworking serum is said to respond to your skin's specific needs whenever needed.



# PORES UNPLUGGED

Ever feel like your pores are too big? You're not alone. "Pores enlarge when they're full of sludge, which is technically clumps of dead skin cells and excess oil that's hard to squeeze out manually," explains Dr Neal Schultz, a US-based dermatologist. To the rescue: Chemical exfoliants that can dissolve gunk. Salicylic acid gets rid of excess oil, and alpha hydroxy acids (AHA), like glycolic acid, slough away dead skin cells. Incorporate products with these ingredients into your regime and clearer skin will soon be yours.

# Selfie-ready

If you're taking a selfie, shoot from above. "It makes your eyes look bigger and prevents a double chin," says photographer Caroline Tien-Spalding, who helped create Perfect365, a photo-retouching app. If someone else is taking your photo, have her stand on a chair. It sounds silly but makes a big difference.

To downplay a feature, turn it towards the light and away from the camera: "The angle combined with the shadow helps to minimise it," says Caroline. You can also play up features like small eyes with a straight-on shot.







# Go nude

*Every girl needs a neutral eyeshadow palette. It's perfect for creating wearable everyday looks, dramatic smoky eyes, and everything in between.*

**1 Nars Narsissist Matte/Shimmer Eyeshadow Palette** (\$90, Tangs) This limited edition has a good mix of creams, browns and greys to take you from day to night. It also comes with a mini Nars Night Series Eyeliner in Night Clubbing.

**2 Urban Decay Naked Smoky** (\$83, Sephora) Unlike previous Urban Decay Naked palettes that had specific colour schemes, this has a wider range of colours, plus three exclusive shades, a double-ended brush and instructions on creating four different smoky looks.

**3 Make Up For Ever Artist Shadows 1** (\$69) A unique gel-powder formula makes these eyeshadows a dream to blend. We also like that the complementary shades are grouped in trios to help you easily recreate the looks featured in the accompanying instruction booklet.

**4 M.A.C Cosmetics Eye Shadow x 15 Warm Neutral** (\$180) The shades lean on the rosy side, making this perfect for girls with warm undertones. They can also be used wet for a more intense finish.



# ***BLAH TO BOMBHELL***

*These simple, tailored-to-you dos by  
Jeanie Syfu, a US-based celebrity hairstylist,  
will refresh your look in an instant.*

TEXT APRIL FRANZINO PHOTOGRAPHY TOM CORBETT







1

## *If you have straight hair...*

### **1 NIGHT OUT** **Boost a basic braid**

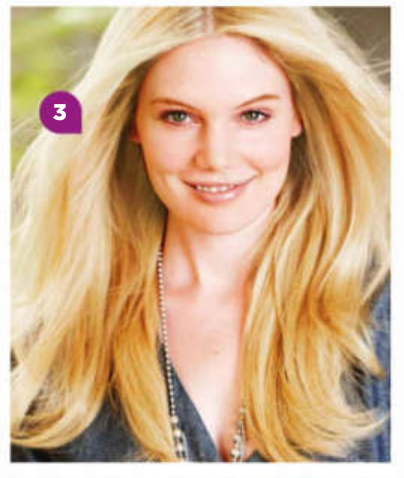
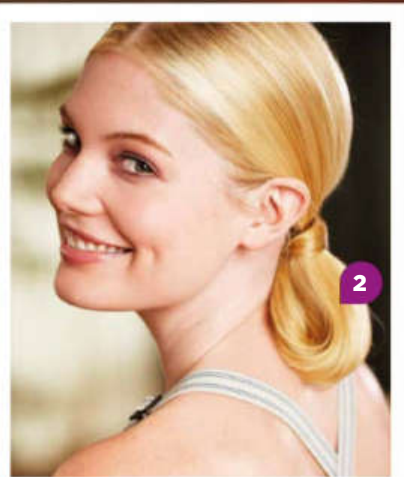
Make this sultry for evening by creating a messy side part and weaving your hair into a braid tucked behind one ear, suggests Jeanie. Start braiding at the top of your head, working down along your hairline. Tuck bobby pins along the edges to secure it. Finish with a mist of hair spray.

### **2 PONYTAIL** **Loop it up**

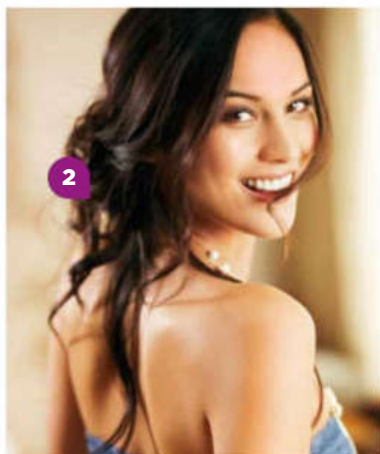
To get this pulled-together look, part your hair down the middle and pull it into a sleek, low ponytail at the nape, says Jeanie. Form a tight loop, wrapping the end of the pony over the top of the base and then under it to conceal the elastic band, and pin in place. Lightly spritz all over with a shine-enhancing mist for a healthy sheen.

### **3 DOWN** **Get a bouncy blowout**

Key to this swifty blow-dry are wavy ends. With your head upside down, apply a root-boosting spray under the top layers and blow-dry with a paddle brush. To add body, tease hair in 5cm sections at the roots and wrap each around a 5cm velcro roller. Let it cool completely, then remove the rollers and shake out the strands.







## *If you have wavy hair...*

### **1 DOWN** **Score smooth curls**

Apply a serum through the ends of damp hair, and a dollop of mousse through the lengths. Flip your head forward and blow-dry, tousling as you go along. For sleek waves: Moving away from your face, twist 2.5cm pieces around a curling iron that's held vertically.

### **2 NIGHT OUT** **Get an undone updo**

For a pinned-back look that's boho, not bridal party, do a side part and pull your hair into a side pony, leaving some loose hair. Wind the pony into a bun and fasten with pins. Spritz some of the loose hair with wave spray, drape over the bun and secure with pins. Let a couple of tendrils fall around your face.

### **3 PONYTAIL** **Reach new heights**

Power up your pony by dividing the hair at your crown into three sections. Lightly brush them from front to back, teasing each part for maximum lift, Jeanie says. Leaving the teased portion free, pull the rest into a high ponytail. Rake the teased hair into a smaller pony right above the other one, and then wrap an elastic band around both. Spray the ends with a lightweight texturiser and scrunch with your fingers.



1

## *If you have curly hair...*

### **1 DOWN**

#### **Loosen up those ringlets**

Score this super easy 'do by applying a liberal amount of a silicone-based product through your strands so the brush just glides through.

Moving in layers, starting at the nape and working upwards, use a ball-tipped cushion brush to gently loosen your curls. The ball tips are easy on your hair, Jeanie says. Fluff the curls with your fingers.

### **2 PONYTAIL**

#### **Try a pony-bun hybrid**

If your ponytail looks poufy, incorporate the strand-taming qualities of a bun, Jeanie recommends. Pull the bottom section at the back of your head into a low ponytail at the nape. Now take both of the sections at the sides, cross them at the top of the base of the ponytail, and pin the underside to secure.

Leave the remaining curls free and loose for a laid-back effect.

### **3 NIGHT OUT**

#### **Do the twist**

This sophisticated style appears intricate but is actually a cinch. Make a side part and divide the hair at the top of your head into two sections. Beginning at the hairline, twirl each half up towards the back of your head until you reach the middle, then pin from above. Join the loose twists in the back and fasten the ends with pins under the coil, Jeanie says. Play with positioning it lower or higher, according to your preference. **3**

2

3



# Five questions for hairstylist Kim Kimble

*This is the woman Beyonce trusts with her locks. (Enough said!) Here, hair intel from Pantene's celebrity mane master.*

● **Backstory, please. How did you become a celebrity hairstylist?**

I'm a third-generation hairstylist. When I was 22, I volunteered to do hair for a play, which led to a job on a movie called *Carmen: A Hip Hopera*. One of the actresses in it was Beyonce. That was my in.

● **Name the most famous hair trend you can claim credit for creating.**

I would have to say the soft, sexy *Crazy in Love* waves I gave Beyonce. I get so many requests for that. I'm still wearing the look myself! It's really an easy, no-fail style that stays cute for days. The trick is to clamp your curling iron at the roots of your hair, then twist the hair around the barrel of the iron.

● **What's the worst sin women commit?**

Not using a good shampoo and conditioner. Some people just buy anything or reach for whatever is in the shower at the gym. Don't do that! Please BYOS (Bring Your Own Shampoo). A high-quality shampoo and conditioner will make a big difference in the strength of your hair. And even if you have curly hair, you should wash it two to

three times a week to keep it clean and conditioned.

● **Speaking of the gym, we hear you've started to work out.**

I neglected my health for years because I wanted my hair to always look good. Someone said to me, "Well, I guess you'll be a cute corpse." That's harsh, but now I get that working out and eating well is so important. I have a lot more energy these days, even when I'm travelling for work and sleep-deprived. And, actually, my hair is stronger! Plus, my celeb clients are experts at healthy living; we talk about it all the time. They keep me in check.

● **Okay, how do you work out regularly and make your blowout last?**

I plan my hair around my workouts. The day I blow out my hair, I do a low-intensity workout, like hiking. Then I crank up the intensity each day, soaking up oil with dry shampoo until it's time for another blowout. I also wear a sweat-absorbing headband and tie my hair on top of my head with a silk scrunchy, which doesn't dent my hair. ■



# Styling assistants

Turn to these products for envy-worthy hair. They prep your tresses and make pulling off any style a cinch.

BY DAWN CHEN PHOTOGRAPHY TAN WEI TE





**1 Aveda Smooth Infusion Nourishing Styling Creme** (\$52) Powered by botanicals, including organic cupuacu and shea butters, this works for straight, wavy and curly tresses, and controls flyaways.

**2 Marc Anthony Volumizing Collagen Bamboo Extra Volume Thickening Cream** (\$18.90, Watsons) With two star ingredients, collagen to thicken hair and tropical bamboo extract to strengthen strands, this is perfect for women wanting va-va-voom tresses.

**3 Essential CC Oil** (\$11.90, leading supermarkets) Lightweight and non-greasy, this coats cuticles to protect against damage from blow-drying and combing. It also protects against split ends, breakage and dryness.

**4 Shiseido Professional The Hair Care Luminoforce Gloss Spray Coloured Hair** (\$32, Hair Inn) Ingredients like hyaluronic acid and evening primrose oil improve the texture of frequently coloured hair. It also protects against UV rays to prevent fading.

**5 Percy & Reed Perfectly Perfecting Wonder Prime Light** (\$40, Sephora) Formulated to make hair more manageable, this spray-on primer helps your style last longer.

**6 John Frieda Luxurious Volume 7 Day Volume In-Shower Treatment** (\$21.90, Watsons) This survives multiple washes. Polymers bind with hair to thicken it and give you a fuller-looking mane.

**7 Naturals by Watsons Marula Oil Hair Oil** (\$9.90, Watsons) Tame frizz by rubbing this antioxidant-rich product onto the ends. It's also full of nourishing essential fatty acids.

**8 Oscar Blandi Pronto Braid Paste** (\$36, Sephora) Whether you're doing a simple plait or an intricate fishtail braid, this makes your job easier. The blend of soft-hold waxes texturise and provide grip.

**9 Alterna Caviar Clinical Daily Densifying Foam** (\$51, Sephora) Add more bounce and body with this volumising mousse. Another plus: it strengthens and prevents breakage, and is said to reduce hair fall in the long run.





# LARGER THAN LIFE

UPSIZE YOUR STYLE  
WITH FUN AND COLOUR.

Styling DOLPHIN YEO  
Photography VEE CHIN

Silk-blend dress and metal candy clutch, prices unavailable, from Kate Spade New York. Karen Walker acetate sunglasses, \$350, from Eyecare People. Silver bracelets with charms and glass beads (left to right), \$1,290, \$3,312, and \$1,540, from Pandora. Timex watch, \$89, from Clout 9 @ Capitol Piazza.





Silk-blend dress, \$820, and wool-blend jacket, \$970, from Moschino.  
Leather gloves, \$205, from Bimba Y Lola. Piers Atkinson headband with wool-blend  
pom-pom minions and birdcage veil, \$860, from On Pedder.





Polyester-blend cropped top, \$349, Peter Jensen cotton-blend Vivetta profile collar, \$225, Diana Broussard acetate necklace, \$395, Crystalline acetate pearl and metal earrings, price unavailable, Thongthai metal and resin ring with pearls, \$439, as well as Sretsis Thunder heart sunglasses (metal frame), \$365, from Lula Rock.





Wool knit dress, \$340, from Juicy Couture. Tresor gold clutch, \$99, from Quintessential. Model's right wrist (from top): Silver bracelet with heart charm, \$95, rose gold-plated silver bracelet with heart charm and crystals, \$95, silver ring with crystals, \$105, from Guess. Duepunti rubber bangles with crystal, \$95 each, from Eclecticism + Lauren Jasmine. Model's left wrist (from top): Gold-plated bangle, \$140, gold-plated Paradise charm bracelet, \$200, from Juicy Couture. Metal and cotton rope bracelets (set of seven), \$29, from Aldo. Biddy metal Bye Bye Blow metal bracelet, \$200, from Quintessential.





Silk blouse, price unavailable, from Alice and Olivia. Grey Ant acetate sunglasses, \$620, from On Pedder. Earrings, \$700, and necklace, \$430, from Swarovski. G-Shock G'Mix GBA-400 watch, \$269, from Casio G-Factory. Joanne L multicoloured stone bracelet, \$148, from Quintessential. Mantra Band metal cuff, \$39.90 each, from Eclecticism + Lauren Jasmine.

ART DIRECTION RAY TICSAY  
STYLING ASSISTANT ANGELA CHU  
PHOTOGRAPHER'S ASSISTANT CHERYL RAHARJO  
HAIR JENNY LEE/MONSOON  
@NOVENA SQUARE, USING SCHWARZKOPF  
PROFESSIONAL OSIS+  
MAKEUP CELESTINE SNG USING M.A.C  
MODEL APA C/AVE





Leather dress, \$2,050, and acyclic earrings, \$115, from Bimba Y Lola. Puma silicon strap watch, \$118, from Clout 9 @ Capitol Plaza. Model's wrist (from top): Pink and brown crystal beaded bracelet with silver charm, \$149, black crystal beaded bracelet with silver tag, \$369, silver ring with blue crystal, \$259, silver ring with light blue crystal, \$259, and rose gold-plated silver ring with crystal, \$179, from Thomas Sabo.

# Spotlight



## DRINK UP

Planning a get-together with friends and family this Mid-Autumn Festival? Stock up on Yeo's Japanese Green Tea and Oolong Tea to go with mooncakes and other nibbles.

Brewed from premium tea leaves, both are light, pleasant and soothing – and perfect for such a gathering as they are free of sugar and preservatives, and carry the Health Promotion Board's Healthier Choice stamp.

Available at major supermarkets and convenience stores in 500ml and 1.5-litre bottles.



## FRONT RUNNERS

Support and comfort are key considerations when shopping for running shoes. Before purchasing, check that they cushion and stabilise the heel, sole and arch. The design should also fit the entire foot comfortably, giving enough room for flexing and stretching.

The Asics Gel-Quantum 360 ticks all the positive boxes because of its light Solyte midsole, gel pods and heel clutching system for a good fit and a smooth run.

Priced at \$279 from Asics at #03-141 Marina Square, #04-10 Paragon, #02-476 Suntec City, #01-44/45 Velocity, #03-36/37 Westgate, and other selected retailers.



## SOYA GOODNESS

There are several good reasons to start drinking soya milk or soya-based drinks. For starters, soya milk is high in protein and cholesterol-free. It is also low in fat and a good alternative for the lactose-intolerant.

Yeo's Soy range – Bandung Soy Drink, Black Soy Milk, Soy Bean Drink and Soy Bean Milk – is free of trans fat, preservatives and artificial flavours.

Available at major supermarkets and convenience stores in 300ml cans, 350ml bottles and 250ml as well as 1-litre packs.

## PERIOD PROTECTION

Some sanitary pads are said to have a substance in their adhesive that tends to cling to panties and encourage unhygienic bacterial growth, which could lead to gynaecological problems.

The solution? Wear UUCare's sanitary panty with your pad. Its layered crotch and positioning lines are said to help reduce friction against the thighs from the pad's wings. Also, the gathered design keeps the pad in place and prevents leakage.

Priced at \$29.90 and available at Guardian and Cold Storage.







# STRETCH IT OUT

Does your exercise regimen need a lift? If you want more than just running, aerobics or training at the gym to keep you fit, add pilates.

Pilates is said to condition and strengthen the body, as well as help you achieve balance and boost flexibility. With regular sessions, you will see a leaner, more limber and fitter body.

Powermoves Pilates in the Park conducts a host of Mat and Reformer classes in a tranquil, spacious setting. There are 100 weekly sessions to choose from and you are guaranteed all the support and attention you need in both private and group classes.

This September, the studio welcomes beginners with a workshop that introduces you to pilates, so you can try out the moves and experience the benefits for yourself.

## **SHAPE POWERMOVES PILATES SPECIAL**

**The first 30 readers to call  
6455-2221 win a one-hour pass  
worth \$150 to the workshop on  
Sept 26, 2015 at 2 pm.**

Powermoves Pilates in the Park is located at  
#02-05 Novena Specialist Centre. Visit  
[www.powermoves.com.sg](http://www.powermoves.com.sg) for more information.

# Spotlight



## NO ROUGH PATCHES

Jergens has relaunched its range of best-selling moisturisers for different skin types. Apart from fruit extracts, vitamins and silk proteins, the new Hydralucence technology also has your skin soft, radiant and hydrated all day.

Soothing Aloe (normal to dry skin), Daily Moisture (dry skin), and Ultra Healing (extra dry skin) are priced at \$8.90 each from leading supermarkets, pharmacies and personal care stores. You can also visit [www.kao.com/sg/jergens/](http://www.kao.com/sg/jergens/) for more details.



## TIME FOR A BOOSTER

Trying to lose weight and watching your figure are daily battles for most women. When things aren't going according to plan, you sometimes need a booster, like Glow BodyActive.

According to the brand, it is said to help to increase energy, enhance metabolism, and tone your body, thanks to ingredients such as svetol and raspberry ketones. However, it is essential that you combine the product with a balanced diet, a healthy lifestyle and exercise.

Priced at \$99 (60 capsules) and available at Watsons, Guardian, Unity, John Little and Sasa. Or order online at [www.shopiloveglow.com](http://www.shopiloveglow.com).



## TOTAL COVER

To shield your skin from the sun, reapply sunscreen throughout the day. Don't forget your ears, the back of your neck, and the exposed areas of your feet, as well as your scalp. All need just as much protection, but are often neglected.

Biore UV Perfect Spray SPF50+/PA++++ provides you with the right amount of coverage. It is lightweight without any residue and is so easy to use. Simply spray onto your face, hair and any exposed parts of your body, and reapply when needed – especially when you're in the sun.

The recommended retail price is \$9.90 per bottle from pharmacies, supermarkets, hypermarkets, beauty and department stores, as well as selected mini-marts.



## IT TAKES TWO

It's much more fun to bring a friend or partner along on a workout. You can support, encourage and guide each other to keep going and stick to your goals.

Fitness First offers you and a friend a complimentary, no-obligation consultation with a trainer, as well as a one-day trial at any Fitness First club. You can use all the facilities and attend any class of your choice during your visit.

Call to book your places and quote "Shape magazine trainer consultation one-day trial". Valid for September only.

Visit [www.fitnessfirst.com.sg/clubs/](http://www.fitnessfirst.com.sg/clubs/) for locations.





# WORK IT, GIRL!

Boxing hones reflexes and builds muscle. Pilates develops balance and flexibility, and strengthens your core. Dancing makes you move, stretch and sweat. Put them together and you get a full Piloxing session.

True Fitness presents this unique experience in high-intensity sessions that incorporate the steps and routines from all

three disciplines to help tone your body and burn calories more efficiently to the beat of fun, chart-topping hits.

True Fitness also has other classes to keep you motivated. Its seven centres offer more than 45 classes, like yoga and spinning, and the latest gym and training equipment, to set you on the path to better health.

## SHAPE TRUE FITNESS PILOXING SPECIAL

The first 60 readers to present this page at True Fitness will receive a free Piloxing session for two.

**Terms and conditions:**

- Valid until Sept 30, 2015.
- Prior booking of the class is needed.
- Valid for first-time visitors aged 18 and above.
- The class is subject to other terms and conditions, as well as the rules and guidelines of True Fitness.

**True Fitness centres with Piloxing classes:**

- #04-01 Ang Mo Kio Djitsun Mall, tel: 6758-9555
- #07-01 Chevron House, tel: 6438-3000
- #03-14 Great World City, tel: 6235-9622
- #03-23/28 Harbourfront Centre, tel: 6278-3000
- #08-01/04 NTUC Income Tampines Junction, tel: 6788-9555
- #03-318/323 Suntec City, tel: 6820-9000

For more information, call True Fitness or visit [www.truefitness.com.sg](http://www.truefitness.com.sg).

CHATTING UP...

# BRADLEY COOPER







TEXT: GEM TOPCAM PHOTOS; INFUSNY-142/INPHOTO.COM/CORBIS; EVERETT COLLECTION / SHUTTERSTOCK.COM; JOE STEVENS/RETNA LTD./CORBIS

**D**espite being one of Hollywood's most recognisable leading men, Bradley Cooper of *The Hangover*, *American Hustle* and *Limitless*, remains a self-effacing sex symbol. "I was never seen as handsome when I started in films. I was always the sidekick or best friend. It was only after *The Hangover*, which was such a massive success, that people starting talking about my looks," he says modestly.

The 2009 hit comedy may have catapulted Bradley into the superstardom he enjoys today, but he recalls the female attention he garnered afterwards as something of a shock to the system: "Suddenly, I was getting lots of attention from women, which never really happened before," he says shyly. "I'm also not the kind of glamorous or really outgoing guy who attracts a lot of attention when I walk into a room either."

For Bradley, staying grounded is more valuable than being a sex

symbol. "I want to be judged for my work, so I never give too much importance to physical appearance. I owe that to my parents, who taught me not to be superficial," he explains.

That isn't to say the 40-year-old isn't the amorous type. "I'm very romantic," he admits. "I like the electric feeling that happens when you first get to know a woman, and there's this beautiful element of seduction and discovery at work. I love everything about women."

Since divorcing actress Jennifer Esposito in 2006, Bradley has been involved in high-profile relationships with actresses Renee Zellweger, Zoe Saldana and Suki Waterhouse. So what is his secret to dating success?

"In terms of relationships, you need to be romantic and always sensitive to the other person's needs and how they evolve." He attributes this attitude to watching his own parents' marriage "evolve as well as how they adjusted their relationship over time."

Bradley's parents are a strong

influence in his life, and the Oscar-nominated actor admits that his family and friends play a key role in his staying humble in the face of superstardom. "Wherever you go in the world and whatever is going on in your life, it's important to be close to people who love and care about you, especially when things are not going well," he explains.

"It's your friends and family. First of all, my mother and sister Holly. My mother, Gloria Cooper nee Campano, is one of the coolest women you could ever meet," he says with a grin. "Then there are my childhood friends and former classmates who knew me before I became famous."

Though his relationship with Russian model Irina Shayk is still in its early days, Bradley admits he would love to eventually emulate his loving family and add to it with his own children. "My upbringing is that of a classic Roman Catholic, Italian-Irish family, and I would love one day to have a beautiful, happy family of my own." **B**

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